

# Connecticut Guardian

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## Taking our kids to work



Master Sgt. Reuben Garcia uses one of the children who attended Take Our Children to Work Day to demonstrate the equipment a Soldier wears. (Photo by Staff Sgt. Brian Barkman, Public Affairs Office)

## Chief McKinley selected as 15th CMSAF

Air Force Chief of Staff Gen. T. Michael Moseley has named Chief Master Sgt. Rodney J. McKinley to serve as the 15th chief master sergeant of the Air Force. McKinley will assume his new position July 1, following the June 30 retirement of Chief Master Sgt. of the Air Force Gerald R. Murray. Chief Murray's retirement culminates 29 years of service to the Air Force.

"I'm excited to have Chief McKinley take the helm of our enlisted force," Moseley said. "Chief McKinley is a tremendous leader with an impressive array of expeditionary and combat experiences to help him steer our Airmen and serve as my partner. We were blessed to have a number of exceptionally well-qualified candidates for the position. While the decision was not an easy one, I feel we have the right person to lead our enlisted force during this time of a long war on terrorism, recapitalization and transformation. I look forward to working with him."

McKinley is currently the command chief master sergeant for Pacific Air Forces. He originally joined the Air Force in 1974, took a break in service in 1977, attended college and re-entered the Air Force in 1982.

McKinley's career includes assignments in the medical, aircraft maintenance and first sergeant fields. He has also served as the command chief master sergeant of the 86th Airlift Wing at Ramstein Air Base, Germany; 1st Fighter Wing at Langley Air Force Base, Va.; 379th Air Expeditionary Wing in Southwest Asia; and 11th Air Force at Elmendorf AFB, Alaska.

The office of the chief master sergeant of the Air Force represents the highest enlisted level of leadership, provides direction for the enlisted corps and represents their interests to the American public and all levels of government. The chief master sergeant of the Air Force serves as a personal adviser to the Air Force chief of staff and secretary of the Air Force on all issues regarding the welfare, readiness, morale, proper utilization and progress of the enlisted force and their families.

Chief Master Sgt. Rodney J. McKinley, shown here shaking hands with Airmen, has been selected as the 15th chief master of the Air Force by Air Force Chief of Staff Gen. T. Michael Moseley. He will replace Chief Master Sgt. of the Air Force Gerald R. Murray on July 1, following Chief Murray's retirement June 30. Chief McKinley currently serves as the command chief master sergeant for Pacific Air Forces. (U.S. Air Force photo)





# Commander's Corner



Monday, May 29 is Memorial Day, and at 3 p.m., all Americans are being asked to stop for a moment of remembrance. At that time, and throughout the day, please take a moment to remember all of those with Connecticut ties that have lost their lives while serving their country in Iraq and Afghanistan.

## Iraq Casualties

- \* Marine Staff Sgt. Phillip Jordan, 42, March 23, 2003: Iraq
- \* Marine Cpl. Kemaphoom Chanawongse, 22, March 23, 2003: Iraq
  - \* Army Pfc. Wilfredo Perez Jr., 24, July 26, 2003: Iraq
- \* Army Staff Sgt. Richard S. Eaton Jr., 37, Aug. 23, 2003: Iraq
- \* Army Sgt. David Travis Friedrich, 26, Sept. 20, 2003: Iraq
  - \* Army Pfc. Anthony D'Agostino, 20, Nov. 2, 2003: Iraq
  - \* Army Pfc. Jeffrey Braun, 19, Dec 12, 2003: Iraq
  - \* Army Capt. Eric Paliwoda, 28, Jan. 2, 2004: Iraq
- \* Army Spec. Tyanna Felder, 22, April 7, 2004: Iraq (female)
- \* **Connecticut Army National Guard Sgt. Felix Del Greco, 22, April 9, 2004: Iraq**
- \* U.S. Coast Guard, Petty Officer 3<sup>rd</sup> Class Nathan Bruckenthal, 24, April 27, 2004: Iraq
  - \* Army Spec. Jacob D. Martir, 21, August 18, 2004: Iraq
- \* Army Chief Warrant Officer William Brennan, 36, October 16, 2004: Iraq
  - \* Marine Cpl. Kevin J. Dempsey, 23, November 13, 2004: Iraq
  - \* Army Sgt. Joseph M. Nolan, 27, November 18, 2004: Iraq
- \* Army National Guard (NY) Staff Sgt. Henry Irizarry, 38, December 3, 2004: Iraq
- \* **Connecticut Army National Guard Spec. Robert Hoyt, 21, December 11, 2004: Iraq**
  - \* Army Staff Sgt. Thomas E. Vitagliano, 33, January 17, 2005: Iraq
  - \* Marine Lance Cpl. Lawrence R. Philippon, 22, May 8, 2005: Iraq
  - \* Marine Lance Cpl. John T. Schmidt III, 21, May 11, 2005: Iraq
  - \* Army Spec. Christopher Lee Hoskins, 21, June 21, 2005: Iraq
    - \* Marine Sgt. David J. Coullard, 32, August 1, 2005: Iraq
    - \* Marine Cpl. Stephen R. Bixler, 20, May 4, 2006: Iraq
    - \* Marine Capt. Brian S. Letendre, 27, May 4, 2006: Iraq

## Afghanistan Casualties

- \* Air Force Tech. Sgt. John Chapman, 36, Mar. 6, 2002, Afghanistan
- \* Army Sgt. Maj. Philip Albert, 41, Nov. 23, 2003, Afghanistan
- \* Army Sgt. Benjamin Gilman, 28, February 2004, Afghanistan
- \* Army Lt. Col. Michael McMahon, 41, November 27, 2004: Afghanistan
  - \* Army Maj. Stephen C. Reich, 34, June 28, 2005: Afghanistan

## Civilian Contractors

- \* Eric Miner, Brooklyn, CT, DynCorp, October 15, 2004: Iraq (Sgt. 1<sup>st</sup> Class, Rhode Island National Guard)
- \* Barbara Heald, Stamford, CT, Department of the Army Civilian, January 29, 2005: Iraq



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Second Company Governors Foot Guard

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# Chief Murray reflects on 29-year career

CARL BERGQUIST  
42ND AIR BASE WING PUBLIC AFFAIRS

MAXWELL-GUNTER AIR FORCE BASE, Ala. (AFPN) — After 29 years of service, Chief Master Sergeant of the Air Force Gerald R. Murray said that his Air Force career has been rewarding, exciting and gone farther than he could have imagined.

“For a guy who joined the service because he needed a job to end up Chief Master Sergeant of the Air Force was far more than I ever expected,” said Murray, whose retirement ceremony is in June. “What I’m most proud of in my career was having the privilege and opportunity to lead and represent the more than 440,000 enlisted members of the service.”

After two years in college, he entered the Air Force in 1977 and has seen great change in the service. He said the enlisted force of today is “truly a better force” than it was then, and he attributes much of the change to efforts of those who came before him.

“To paraphrase President Truman, ‘We serve on the shoulders of giants,’ and that is why today’s Airmen are more efficient, better educated and the most qualified in the history of the Air Force,” Murray said.

Before becoming chief master sergeant of the Air Force, Murray said there were two great events in his life. The first was marrying his wife, Sherry, “Or should I say her decision to marry me, a college dropout,” and the second was joining the Air Force because the economy was bad and he needed work.

“(My wife) has been a great inspiration for me throughout my career,” Murray said. “But, she can be as tough as a (military training instructor).”

He said that only four other members of his family chose the military as a career but his family accepted his decision.

“Other family members, specifically four uncles and three great uncles, had served during war time, going all the way back to World War I, so my family is patriotic and considered my choice as honorable,” the chief said.

Once in the Air Force, Murray said he wanted to be in a front-line position and requested a fighter maintenance job. The Air Force gave him what he wanted and he worked with “three great fighter aircraft” — the F-4 Phantom, F-16 Fighting Falcon and A-10 Thunderbolt II. He had 11 maintenance assignments during that segment of his career.

At the height of the Cold War, Murray served at a Victor Alert Pad in Turkey, then transitioned from that job to the A-10 aircraft. The transition led to his assignment to Desert Shield/Desert Storm.

“Desert Storm was a monumental (time) in my career because the Air Force gave

me the opportunity to use my skills at a forward operating base,” he said. “The assignment also led to a Bronze Star, an Air Force General Lew Allen Trophy and my promotion to chief master sergeant.”

Murray said he had set a goal for himself as a staff sergeant that if he stayed in the Air Force, he was going to make chief. Once he made chief, his next goal was to be superintendent of a fighter group and he also fulfilled that goal. He said he never wanted to be a command chief, or senior enlisted advisor as they were called at the time, and never entertained the idea of being chief master sergeant of the Air Force.

“Becoming a chief was a highlight of my career but I had a lot to learn,” he said. “I had become ‘stove-piped’ in maintenance and now found myself having to deal with all aspects of the Air Force.”

Murray handled it well. He moved from the wing level to numbered Air Force to command chief of the Pacific Air Forces before being

selected as the 14th chief master sergeant of the Air Force in 2002.

“Once selected, I stepped forward to do the best job I could, to deal with challenges that came along and deal with what I didn’t know about the job,” he said. “One thing I didn’t know was that Gen. John P. Jumper, then chief of staff of the Air Force, was going to make my first priority his new ‘Fit to Fight’ fitness program and that was going to be a real challenge.”

Murray said he has always tried to use every available tool, such as focusing on developing Airmen capability, career job retraining and balancing the force, and he hopes that has led to an improved enlisted force.

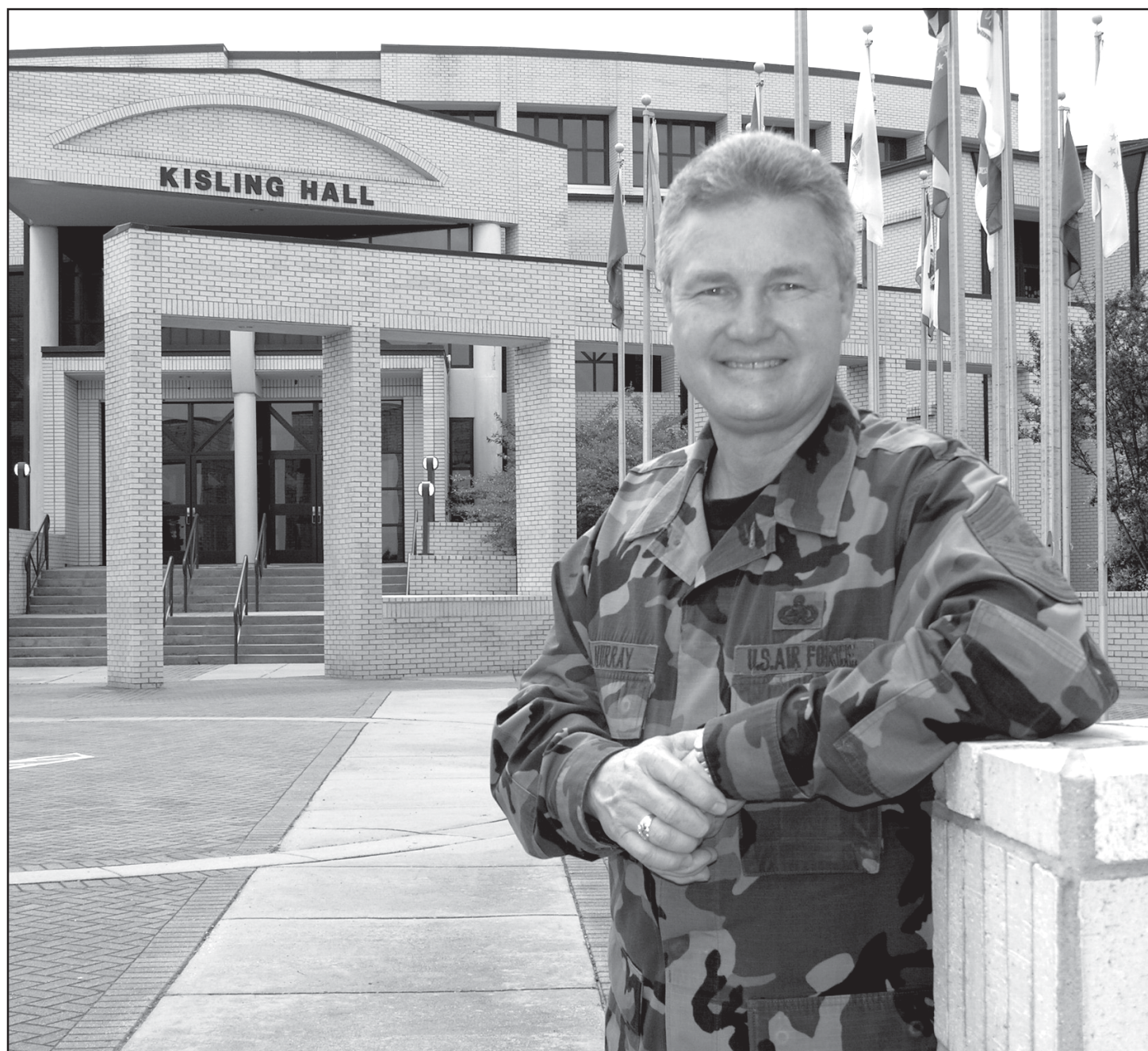
“I took it upon myself that part of (my) job was to reshape the force,” he said. “When I arrived four years ago, I told the College of Enlisted Professional Military Education, ‘I can’t tell you how to do your job, but warrior ethos must be emphasized in PME.’ I’m

pleased to see that Lt. Gen. Stephen Lorenz, Air University commander, has included that message in his mission briefs.”

Murray said his career, “as with all things, has had highs and lows.” There have been challenges and sacrifices, and he said his wife and three children have sacrificed the most.

As for what’s next in his life, Murray said he really doesn’t have any hard plans for the future. He’s looking at several opportunities, to include continuing his education or possibly government service as a civilian. He also plans to build a house “with (his) own two hands” and hike the entire Appalachian Trail.

“One has to balance one’s life and every life has seasons. The past four years have been a season of being away from home a lot and I owe my family a season of being around them,” he said. “One thing is for sure, though. Someday, I will retire to that home I built in the hills of North Carolina.”



Chief Master Sgt. of the Air Force Gerald R. Murray stands in front of the Senior NCO Academy's Kisling Hall at Maxwell-Gunter Air Force Base, Ala. (U.S. Air Force photo/Carl Bergquist)



# Hawgsmoke 2006 brings

MAJ. GEORGE H. WORRALL III  
103RD FIGHTER WING PUBLIC AFFAIRS OFFICER

Connecticut's Hawgsmoke 2006 team took two first-place individual and a first-place team award at the worldwide A-10 flying competition held at Davis-Monthan Air Force Base, Ariz., March 22 to 25, 2006.

Nearly 80 A-10 pilots from 20 squadrons came together at Davis-Monthan AFB, for the worldwide A-10 competition known as Hawgsmoke 2006. Four-member teams represented squadrons from the Air National Guard, Air Force and Air Force Reserve with some traveling from as far as South Korea and Germany.

The 118th Fighter Squadron's Lt. Col. Frank "Crank" Detorie earned the Top Pilot award, the most prestigious, for his skill in all events. Lt. Col. Pete "Meat" Siana earned the "Top Low-Angle Strafe Pilot" award. Together with the two other team pilots, Majors Dave "Toro" Torres, and Bob "Stranger" Feher, earned the "Top Long-Range Strafe" trophy, for their skill with the A-10s devastating 30-millimeter gun. The team also earned a second place trophy for "Top Tactical Team."

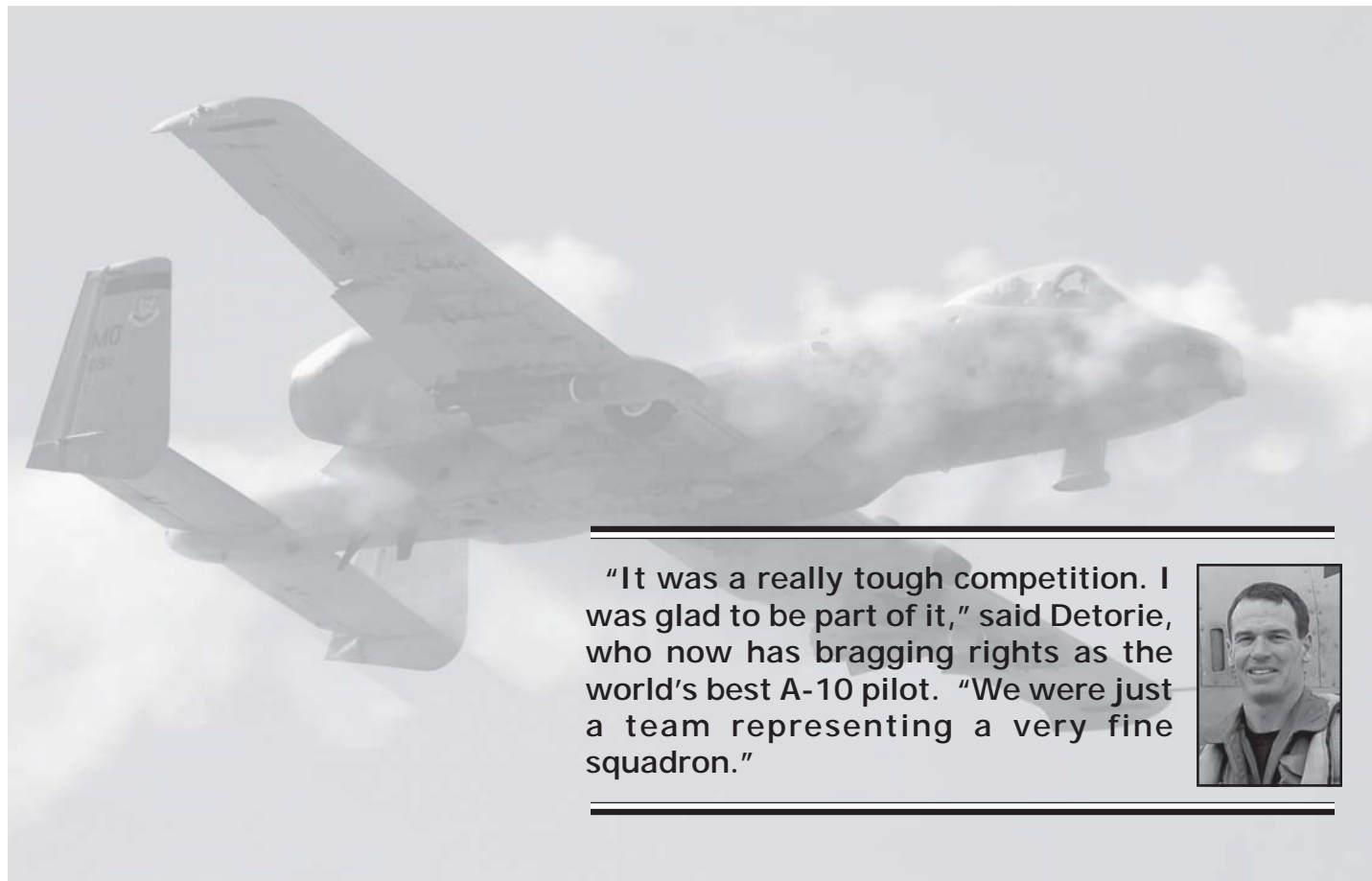
"It was a really tough competition. I was glad to be part of it," said Detorie, who now has bragging rights as the world's best A-10 pilot. "We were just a team representing a very fine squadron."

The competition focuses on accurately dropping bombs, firing the Maverick missile and strafing proficiency with the A-10's 30 millimeter Gatling-gun. The judges added the individual and team scores to determine winners based on where their bombs landed and how well the pilots shot.

"You do learn a lot and hone your skills," said Siana about the value of this type of competition. "You end up revisiting all the back-to-basic skills."

"It's a real pleasure to congratulate all the members of Bradley's Hawgsmoke team," said Col. John P. Swift III, commander, 103rd Fighter Wing, Connecticut Air National Guard. "From the talented combat veteran pilots, to the literally hundreds of mechanics and technicians who gave them world-class aircraft to fly, they are simply the greatest! This is truly another brilliant page in the long and proud history of the Flying Yankees!"

The final and highest team award, the "Mud Moore Trophy" for "Top Overall A-10 unit" went to the 442nd Fighter Wing's 303rd Fighter Squadron, Whiteman Air Force Base, Mo., an Air Force Reserve Unit. After winning Hawgsmoke '06, the 442nd now has the honor of hosting the next Hawgsmoke in 2008. The Flying Yankees came in fourth overall and previously won the "Top Overall A-10 unit" award at Hawgsmoke 2000.



"It was a really tough competition. I was glad to be part of it," said Detorie, who now has bragging rights as the world's best A-10 pilot. "We were just a team representing a very fine squadron."



Senior Airman Paul Delgreco, 103rd Aircraft Maintenance Squadron, maintains the oil of an A-10 Thunderbolt II March 23 during the 2006 Hawgsmoke competition at Davis-Monthan Air Force Base, Ariz. (U.S. Air Force photo by Airman 1st Class Veronica Pierce)



# Connecticut to the top



An A-10 from the 355th Wing at Davis-Monthan Air Force Base, Ariz., delivers a volley of 30-millimeter rounds to a stationary ground target during the Hawgsmoke A-10 gunnery and bombing competition at the Barry Goldwater Range complex in Arizona March 22 to 25. (U.S. Air Force photo/Senior Airman Christina D. Ponte)



The Connecticut Air National Guard's Hawgsmoke 2006 pilots. Left to right they are Maj. Bob "Stranger" Feher, Maj. Dave "Toro" Torres, Lt. Col. Pete "Meat" Siana, and Lt. Col. Frank "Crank" Detorie, all are pilots with the 118th Fighter Squadron. (U.S. Air Force photo by Maj. George H. Worrall)



# Freedom salute honors 208<sup>th</sup>

Pfc. JOSHUA C. JOHNSON  
65<sup>th</sup> PCH

The 208<sup>th</sup> Personnel Service Detachment of Niantic, recently returned from an 11-month deployment to Kuwait, was welcomed home and honored during a Freedom Salute ceremony held at the Hartford Armory, April 1.

Families, friends, and Soldiers gathered to welcome home the members of the unit and recognize them for their outstanding service.

Gov. M. Jodi Rell and Maj. Gen. Thaddeus J. Martin, adjutant general, were among the official party present to congratulate the Soldiers.

“It is difficult to make a simple, yet tangible measure of the sacrifice that these Soldiers and their families have made,” said Martin.

“It was a constant challenge to accomplish an ever changing mission and meet the needs and demands of an Army at war,” said Capt. Jeremy T. Lingenfleser, commander of the 208<sup>th</sup> PSD.

“During their 11-month deployment, members of the 208<sup>th</sup> performed over a third of the vital personnel missions in theatre,” said Rell.

“The Soldiers performed admirably,” said Lingenfleser.

The unit produced common access cards, processed Soldier personnel actions, and served as armed bus guards for movement through Kuwait, among other duties.

“These Soldiers couldn’t have done it without their families,” said Rell. “You were the ones that were left home to do the day to day activities. Trust me when I tell you that these Soldiers couldn’t have done it without you. Though you may not get a medal today, you deserve one.”

“There was excellent support from everyone,” said Lingenfleser. “The Family Readiness Group sent us phone cards totaling in thousands of minutes. Those phone cards kept us in touch with our families and friends.”

“I talked to my family almost every day between phone calls and emails,” said Pfc. Leonard J. Adams, “even if I just said, ‘I’m alive. I can’t talk. I’m busy.’”

“We were extremely lucky,” said his father, Leonard E. Adams. “We know most families don’t have that luxury.”

The 208<sup>th</sup> received a streamer for its guidon and a unit plaque for its service in support of Operation Iraqi Freedom.

The members of the unit received the National Defense Service Medal, Global War on Terrorism Expeditionary Medal, Global War on Terrorism Service Medal, Armed Forces Reserve Medal with the “M” device and Overseas Service Medal.

“Words cannot explain how proud we are of them,” said Leonard’s mother, Jennifer, with tears in her eyes.

“Mission accomplished,” said Martin.

“Welcome home.”

# Connecticut’s Revolutionary War Sites Visited

Lt. Col. ROBERT CODY  
SAFETY AND OCCUPATIONAL HEALTH MANAGER

*(Editor’s Note: This is the first in a multipart series of articles on historic Connecticut military sites.)*

During the American Revolution, Connecticut earned the nickname, “The Provisions State” for its many contributions of men and material to the war effort. While most of the fighting in this area occurred in neighboring Massachusetts and New York, the Nutmeg state was not spared the presence of British troops.

There are a number of sites here in Connecticut that would be ideal day trips for the family as the weather becomes more pleasant.

**Fort Griswold Battlefield State Park**

Located in Groton, this was the site of the September 1781 attack by British and Loyalist troops led by Connecticut native, turned traitor, Benedict Arnold. Arnold was born in Norwich and reportedly visited with his sister, Hannah while his troops were setting fire to buildings in New London. After the fort had been taken, the 88 surviving militiamen under the command of Colonel William Ledyard were killed by the British. A 135 foot obelisk, visible from Interstate 95 marks the site of the fort. The earthworks have been carefully preserved and there is a museum that is open during the summer. The fort is named for

Connecticut’s Lieutenant Governor during the Revolution, Matthew Griswold.

**Fort Trumbull State Park**

Located near Pfizer in New London, this fort served from the Revolution through the Cold War. The large masonry structure was built in 1852, replacing the small stone and earthwork emplacement that was called “Fort Folly” by the soldiers stationed there at the time of Arnold’s attack. After firing one volley, the soldiers destroyed their cannon and used whaleboats to cross the Thames River to Fort Griswold. Fort Trumbull is named for Connecticut’s Revolutionary War Governor, Jonathan Trumbull – the only colonial governor to support the cause for independence.

**Putnam Memorial State Park**

Located in Redding, this is the site of Connecticut’s “Valley Forge.” The 1778 - 1779 winter encampment of General Israel Putnam’s division. General George Washington selected the site so that the troops could quickly respond to threats against Danbury, Connecticut and West Point, New York. The park has a museum and a few reconstructed stone shelters. About a third of the Continental Army was quartered here. As spring approached, many of the Connecticut soldiers were upset that they had not been

paid for months. They planned to march on Hartford and demand payment from the legislature. General Putnam calmly put down the uprising and the soldiers returned to their campsites. Putnam is credited with the quote, “Don’t fire until you see the whites of their eyes” at the Battle of Bunker Hill.

**Fort Nathan Hale**

While this fort is primarily a Civil War era gun emplacement, the site in the Black Rock section of East Haven was attacked on July 5, 1779 by the British as they raided the coast during that summer. During this attack, the British under the command of General William Tryon landed in West Haven and East Haven and linked up near present day Southern Connecticut State University where the colonials had a gunpowder facility. The British then marched through New Haven back to their ships anchored off Long Wharf. Yale University was spared the torch because one of the senior officers on Tryon’s staff was an alumnus. After leaving New Haven, the British raided and burned Fairfield and Norwalk, before returning to their bases in the Bronx.

For more information on these sites, visit the Connecticut Department of Environmental Protection’s website at <http://www.dep.state.ct.us/stateparks/>.

## COMMISSARY & EXCHANGE DIRECTORY

Here is a current directory of area commissaries and exchanges along with their phone numbers. Always call ahead to verify hours as they may change without notice. A valid i.d. card is necessary to use these facilities. Contact your unit administrator if you or your dependants need a card. If you have trouble, contact the State Family Program Office at 1-800-858-2677.			
<b><u>AIR NATIONAL GUARD</u></b> East Granby TUESDAY – FRIDAY: 10:00 – 5:00 SATURDAY: 10:00 – 4:00 SUNDAY & MONDAY: Closed UTAs: Open Saturday & Sunday: 10:00 – 5:00 Phone: (860) 653-6994	<b><u>CAMP RELL POST EXCHANGE</u></b> MONDAY: Closed TUESDAY – SATURDAY: 10:00 – 5:00 SUNDAY: 10:00 – 4:00 Phone: (860) 739-9672	<b><u>WEST POINT, NEW YORK</u></b> Exchange Hours: SATURDAY – WEDNESDAY: 10:00 – 6:00 THURSDAY & FRIDAY: 10:00 – 7:00 Phone: (914) 446-5406 Commissary Hours: MONDAY: Closed TUESDAY & WEDNESDAY: 10:00 – 6:00 THURSDAY: 10:00 – 7:00 FRIDAY: 10:00 – 6:00 SATURDAY: 9:00 – 5:00 SUNDAY: 11:00 – 5:00	<b><u>SUB BASE, NEW LONDON</u></b> Exchange Hours: MON., TUES., WED., FRI.: 9:00 – 6:00 THURSDAY: 9:00 – 7:00 SATURDAY & SUNDAY: 9:00 – 5:00 HOLIDAYS: 9:00 – 4:00 Phone: (860) 694-3811 Commissary Hours: MONDAY: Closed TUE., WED. & FRI.: 9:00 – 6:00 THURSDAY: 9:00 a.m. – 10:00 p.m. SATURDAY: 8:00 – 5:00 SUNDAY: 10:00 – 5:00
<b><u>COAST GUARD STATION</u></b> 120 Woodward Avenue New Haven, CT MONDAY – FRIDAY: 9:00 – 4:30 SATURDAY: 9:00 – 2:00 SUNDAY: Closed Phone: (203) 468-2712	<b><u>COAST GUARD ACADEMY</u></b> New London MONDAY – FRIDAY: 9:00 – 5:00 SATURDAY: 9:00 – 3:00 SUNDAY: Closed Phone: (860) 444-8488		



# Generation: Next

## *New class of NCO leadership unveiled at Nett Hall*

SPC. JORDAN E. WERME  
65<sup>TH</sup> PRESS CAMP

On April 23, the Connecticut Army National Guard welcomed into its ranks the newest generation of ready, willing and trained non-commissioned officers. Graduation ceremonies for the class of freshly-trained leaders completing Phase One, Basic Non-Commissioned Office Course were held at Nett Hall, Camp Rell.

BNCOC is a 12-day (spread over six months) course designed to further the leadership skills of E5 Soldiers ready to advance to E6. The curriculum includes classroom instruction and hands-on training in several specific areas. Upon completion of the 94-hour training program, graduates are ready to take a more active role in the leadership and training of younger Soldiers.

"[The NCO] molds boys and girls in peacetime into men and women to lead during war," said Col. Gary Ottenbreit, commander, 169<sup>th</sup> Leadership Regiment. "You will be a teacher, counselor, confidant ... and the toughest boss your Soldiers will ever have."

Guest speaker, Command Sgt. Maj. (Ret.) Duane Haverstock, left the graduates with three rules to lead by:

"Be. Know. Do," said Haverstock. Be what you have learned through the army values, Loyalty, Duty, Respect, Selfless Service, Honor, Integrity and Personal Courage. Know your job. Do what is required to complete your mission. Take action.

"NCOs make it happen!" he said.

During the ceremony, awards were presented to Staff Sgt. Jared Meekhoff, Staff Sgt. Santo Defelice, and Sgt. 1<sup>st</sup> Class Thomas Richmond.

Meekhoff was presented with the award as Distinguished Student of the Cycle, the Sergeant Major Council Award and a one-year membership to AUSA. As Distinguished Student of the Cycle, Meekhoff's name will be engraved onto a plaque with other recipients' names. He also received the NCO Sword which he will be able to use during formal military functions for one year.

Defelice was presented with the award for Excellence in Academics for maintaining the highest average in classroom training. Richmond, a BNCOC instructor, was presented with the award as Outstanding Course Instructor for the cycle.

"Credibility is what gives you the ability to lead," said Ottenbreit. "But it is not automatic. It is earned over time and through lifestyle. The NCO is a professional. It is a profession and lifestyle."

"You must lead by example," said Brig. Gen. Walter Lippincott, assistant adjutant general, Army. "You are the standard-bearers for your units. You will shoulder the burden of running our day-to-day missions."



Basic NCO Course graduates stand at attention during ceremonies in their honor. (Photo by Spc. Jordan E. Werme, 65<sup>th</sup> PCH)



Brig. Gen. Walter Lippincott, Assistant Adjutant General, pins the Army Achievement Medal on Staff Sgt. Jared Meekhoff, the Distinguished Honor Graduate of Connecticut's Basic NCO Course. (Photo by Spc. Jordan E. Werme, 65<sup>th</sup> PCH)



*Thank you,  
Families, for  
all that you  
do and all  
that you  
sacrifice.*

*We are  
indebted to  
you.*



## INFORMATION

### Security Begins With You!

The success of America's campaign against terrorism depends on you. Don't help America's enemies plan another attack. Use secure communications when discussing classified or sensitive information. Handle and discard memos, documents, correspondence and e-mails appropriately. Practice good computer security when accessing the Internet. Our enemies are unforgiving and we've encountered before. Don't interfere with information that can harm us.

Stay on the safe side.



# T R A N S F O R M A T I O N

## ESSAYONS !

### Modular Forces

#### Army Transformation builds a future for Engineers in Connecticut

**SGT. 1<sup>ST</sup> CLASS DEBBI NEWTON  
STATE PANCO**

*(Editor's Note: This is the third in a multi-part series on Army Transformation and how it affects the Connecticut Army National Guard. Upcoming articles will focus on Aviation, Military Police and Medical fields as well as other subjects.)*

There's a new language that has invaded the U.S. Army. The language includes words such as "Modular force, Transformation, Rapidly deployable, Self-contained, Sustainment" and Embedded capabilities."

Putting them all together sounds something like this: "The Modular Force is the Army's plan to implement transformation, providing a more rapidly deployable, self-contained fighting force that has sustainment abilities - embedded capabilities," according to Lt. Col. Shawn Karvelis, Deputy Chief of Staff, Operations.

That said, what does it mean? What does it mean for the Connecticut Army National Guard? What does it mean for the individual Soldier in the Connecticut Army National Guard?

It means providing a combat-ready force that has multiple capabilities that will better suit the needs of the state in natural disasters and homeland defense, the country in times of war, and it means providing more opportunities for the Soldier.

The 102<sup>nd</sup> Infantry, along with the Combat Engineers of the 242 Engineer Battalion, began their transformation "early" in order to answer the nation's call - now serving in Afghanistan.

The three Combat Engineer Companies converted to Infantry to form the "new" 1<sup>st</sup> Battalion, 102<sup>nd</sup> Infantry (BCT) or "Brigade Combat Team" - which is the centerpiece of the Army's Transformation, said Karvelis. This action represents the largest and perhaps the most challenging phase of Connecticut's transformation efforts because of the large number of Soldiers that were required to reclassify (change) their MOS.

Although the career fields, skills and tasks between Combat Engineers and Infantry, are very closely related and many skills overlap, it is very

demanding. Nearly 200 Combat Engineer Soldiers successfully completed formal Infantry training; mobilized, completed mission specific training, were validated by the Army and Deployed - in six month's time

Connecticut's two Engineer battalions have now assumed the lead on Transformation. The two battalion headquarters, HHD 192 Engineer and HHC 242 Engineer, will consolidate to form one "modular, multi-functional Engineer Battalion.

This "new" modular structure will consist of a Headquarters and Headquarters Company (HHC 192 EN) and a Field Support Company (FSC - A/192 EN). The combined strength of the HHC and FSC will be 171 Soldiers.

In preparation for this consolidation, the two Engineer Battalion Headquarters have been co-located in Stratford. Again - the Nation's call will play a role and will again be answered - this time by HHD 192 Engineer Battalion, which has been ordered to mobilize this summer in support of Operation Iraqi Freedom (OIF).

HHC 242 Engineer Battalion will consolidate into the newly authorized structure on Sept. 1. The battalion will provide Command and Control of the state's Engineer units and guide them through their own transition to the new modular force during Training Year 2007 (Oct 06 - Sep 07).

In addition to the organization, training and equipping of the HHC and FSC; the 248<sup>th</sup> Engineer Company (CBT HVY) will reorganize from the old "legacy" force structure to form the new Engineer "Support" Company which consists of Rapidly-Deployable Equipment (RDE) Platoons.

A new Asphalt Team (engineer detachment) will be organized to work with the 248<sup>th</sup> Engineers in support of their new mission. Another new unit addition will be the organization of an Engineer Dive Team - Light (726<sup>th</sup> Engineer Detachment) - the first of its kind in the reserve component. This unit will support the 250<sup>th</sup> Engineer Company (Multi-role Bridge) which will remain in the future as organized.

Both Engineer Fire Fighting Detachments (246<sup>th</sup> and 256<sup>th</sup>) will round out the battalion's engineer structure to approximately 600 Soldiers.

#### Look for the Embedded Capabilities

The Army is shedding itself of large singular mission "legacy" forces - preferring to place more of this capability into "multi-functional" units.

What this means in real terms is that you will see "sustainment" modules in these new force designs. The new Forward Support Companies (FSCs) that are being formed - one Infantry, one Aviation and one Engineer will have organic Maintenance, Medical, Transportation and Supply capabilities immediately available to the Battalions and companies they support. The large DS/GS level companies will be reduced.

The make-up of 192<sup>nd</sup> Engineer Battalion shows exactly what the advantages of having a rapidly deployable, self-contained unit with embedded capabilities are, said Karvelis. But, he stressed that the goal within the transformation process is to require Soldiers who have to change their MOS to do it only once.

"The largest impact within the engineer community (on the individual Soldier) was the reduction in the 21B field and that's been addressed (with the conversion to Infantry)," said Karvelis. "In most instances there will be no changes for the Soldiers. There will, instead, be more opportunities in other MOSs or job types, and more opportunities for females within the engineer fields. Opportunities have been created in the Modular Force that never existed before."

248<sup>TH</sup> EN CO.  
Norwich

250<sup>TH</sup> EN CO.  
Putnam

247 EN ASPH  
Norwich

726 EN DIVE  
CP RELL \*

928<sup>TH</sup> MP  
Newtown

C

Bristol



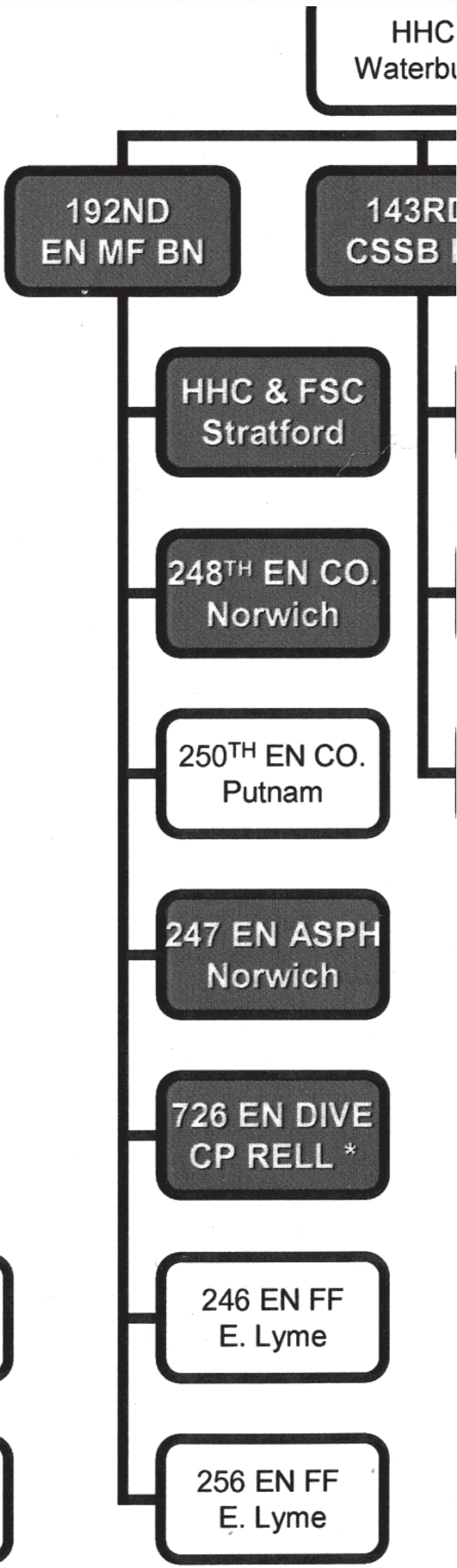


2/1/185 AV

R & R



Along with the new modular force structure comes new equipment for the new missions. The fire house at Stone's Ranch was completed a little more than a year ago, and the three fire trucks have arrived since then.





# Joint Cargo Aircraft: Coming to Connecticut?

COL. FRED MICLON,  
MISSION SUPPORT GROUP COMMANDER

The Air Force and Army have agreed on a new joint program to develop a fleet of light cargo aircraft. The aircraft, to be known as the Joint Cargo Aircraft or JCA, will not only replace the Army's aging fleet of C-23 Sherpas but also provide the Air Force with much-needed intra-theater airlift capability, a mission now provided by aircraft such as the C-17 and C-130 and the Army's Sherpa.

In testimony before the House Armed Services Committee on March 1, Air Force Secretary Michael Wynne and Air Force Chief of Staff Gen. Michael Moseley spoke of plans to procure as many as 150 of these aircraft.

A turf battle began last year as the Army began competition for a Sherpa replacement. As the number of aircraft the Army planned to purchase rose, Air Force officials became

concerned that more of the airlift mission was creeping to the Army and became engaged in negotiating a joint program to benefit both services.

Although firm numbers have yet to be determined, Moseley testified that it would be in the neighborhood of 150 for the Air Force and about 70 for the Army.

"The Sherpa is not really an intra-theater plane," Moseley said. "What we're talking about is a no-kidding intra-theater aircraft that can defend itself." Having self defense systems on board means it will be a frontline player in any current or future expeditionary environment.

This aircraft will also prove valuable in supporting homeland defense and providing humanitarian aid, either at home or abroad. Having the capability to operate from shorter runways than the C-130 or C-17 and to haul more cargo or passengers than the Sherpa, it

will definitely be a force multiplier while saving the cost of employing the larger airframe aircraft.

In the hands of the Guard, Air or Army, this aircraft will also prove its worth as a tool at the Governor's disposal to move equipment or personnel in times of state crisis or in support of other states needs - it will be an in-demand airframe.

A contractor has not been selected but two highly regarded candidates are the Global Military Aircraft Systems C-27 Spartan and the European Aeronautic and Defense Space Company - EADS - CASA C-295.

Both are currently operating aircraft and are twin turboprop, high-wing aircraft capable of operating on short and unimproved landing areas.

Information on both can be found at: [www.EADS.net](http://www.EADS.net) and [www.C-27J.com](http://www.C-27J.com).

## Have you recruited anyone today?

**Recruiting is everyone's responsibility.**

**Contact your unit today to find out what positions are available and help find someone to fill them.**

You are the best advertisement for the Connecticut National Guard.

**Call  
1-800-716-3550**



*If Joint Cargo Aircraft come to Bradley ANG Base, scenes and capability similar to this Hurricane Katrina support could become frequent. 103rd Logistic Readiness squadron airmen Senior Master Sgt. Wilberto Lopez (forklift driver), Senior Airman Rose Shaw and Master Sgt. Randall Whited, load a C-130 with cargo at Bradley ANG Base needed by the Connecticut National Guard's Quick Response Force (QRF) to provide stabilizing security for Hurricane Katrina relief operations September 9, 2005. (U.S. Air Force photo by Master Sgt. Jeanne E. Daigneau)*



## INFORMATION

**Security Begins With You!**

The success of America's campaign against terrorism depends on you. Don't help America's enemies plan another

attack. Use secure communications when discussing classified or sensitive information. Handle and discard memos,

documents, correspondence and emails appropriately. Practice good computer security when accessing the

Internet. Our enemies are often only one keystroke away. Don't turn them with information. Protect our lives as





# Are you ready?

**CAPT ANN C. WARE**  
103RD MISSION SUPPORT FLIGHT COMMANDER

Are you ready?

For spring? Yes

For another ORI? Absolutely not

For a long vacation? Yes

For AEF 5/6 and a possible deployment? I hope so!

The 103<sup>rd</sup> is fast approaching its AEF 5/6 cycle. Personnel readiness is going to be key to ensuring Airmen and their families are ready for all contingencies. During drill, Airmen need to take a few moments to think over some of the major issues:

vRED. Is your Record of Emergency Data current?

That's how we notify your family in the event you are injured, so it's important those items are always correct. All personnel have been directed to log on and make a determination who to authorize to direct disposition of their bodies in the event they become a casualty. Most Airmen probably haven't had a chance to log on and take care of this very important requirement, so they need to make sure it is taken care of immediately. Also, if you've moved or had an addition or loss to your family, you need to log on and make the change. Although Airmen may have already updated their information with MPF or Finance, they still have to log on and make any changes. [www.my.af.mil](http://www.my.af.mil)

Next, Airmen need to sit down and talk with their Unit Deployment Manager! They hold the keys to a successful deployment. Your Personnel Readiness Folder (PRF) contains the vital elements you need – immunizations, mandatory training, dog tags, marksmanship record, the list goes on and on. Don't forget to also review the status of your security clearance. Check with your Unit Security

Manager on the date of your last periodic reinvestigation. Even though you've got your clearance, we all require periodic reinvestigations to stay current (every ten years for a Secret). Without a current clearance, you've got troubles looming ahead.

AOR requirements have recently changed and there are many locations which require US military troops to have an official passport to enter the country. It's still a little early to get going on passports; however, you can start getting your paperwork together. The document that most people have trouble getting their hands on is their birth certificate. When you were born, you probably didn't file it in a safe place but now is a great time to start digging through boxes or calling Mom and Dad to have them shipped over to you.

What about your full-time employer? If you work for the Air National Guard, come by the MSF or call the Human Resources Office to discuss the potential impacts of your mobilization. If you have a civilian employer, now is the time to open dialogue about a possible mobilization. Lots of advanced warning will most certainly be appreciated.

Most importantly, think about your family and the impact a mobilization or deployment will have on them. We have an amazing Family Support Team that has tons of great information to support you and your loved ones during this stressful time. Donna Rivera and her volunteers can help you talk to your kids, spouse, parents and even creditors and full time employers.

As the old saying goes, an ounce of prevention is worth a pound of cure. Take this opportunity to start on your road to a successful and safe deployment.



## NATIONAL GUARD ASSOCIATION OF CONNECTICUT SCHOLARSHIP PROGRAM INFORMATION SHEET – 2006

1. The National Guard Association of Connecticut (NGACT) proudly announces the 2004 scholarship program. The following persons are eligible to apply for a scholarship:
  - a. NGACT Members.
  - b. Unmarried sons and daughters or grandchildren of NGACT members.
  - c. Spouses of NGACT members.
  - d. Unmarried spouses and unmarried dependent sons and daughters or grandchildren of deceased NGACT members who were members in good standing at the time of their death.
2. Honorary, Associate and Corporate membership alone does not qualify any of the persons listed above for eligibility to apply for a scholarship.
3. Scholarships will be awarded in an amount based on available funds for the upcoming school year. Applicants must be enrolled as a full-time or part-time student at an accredited college, university, trade school or business school. Graduate students are not eligible for scholarships.
4. Awards will be sent directly to the recipient with each check made payable to the recipient's choice of school. To receive the awards, verifications will be required to the effect that enrollment has commenced or will commence.
5. There shall be no consideration in selecting the awardees of a scholarship because of friendship, rank or grade of the applicant, applicant's parents/grandparents or applicant's spouse. Awards will be made on the basis of scholarship, character, leadership and need.
6. All applications will be accompanied by the following:
  - a. A transcript of high school credits and a transcript of college credits for applicants already in institutions of higher learning.
  - b. A letter from the applicant with personal, specific facts as to his/her desire to continue his/her education and why financial assistance is required.
  - c. Two (2) letters of recommendation verifying the application and giving general information & personal traits that would make the applicant a desirable recipient. These letters should ideally be from a community leader, ministers, elected officials, etc.
  - d. One (1) letter of academic reference (should be from a principle, counselor, dean or professor).
7. If the recipient does not complete the school term for which the scholarship is awarded, due to any cause other than sickness, physical injury or military deployment, the recipient will refund the award to the National Guard Association of Connecticut within sixty (60) days from the date enrollment was terminated.
8. All scholarship applications will be sent to the NGACT Scholarship Committee, NGACT, National Guard Armory, 360 Broad Street, Hartford, CT 06105-3795. Each application will be reviewed for completeness and forwarded to the scholarship committee. Applications must include all materials.
9. Deadline date for all applications for scholarships will be observed in all instances. The deadline for submitting applications is 30 June 2006. Applications must be postmarked NLT 30 June 2006.
10. Scholarship Committee. The President of the NGACT will appoint a committee and a chairman. The remainder of the committee will be structured to ensure to include at a minimum of five members, at least two ARNG and two ANG.
11. Applications are available on line at [www.ngact.com](http://www.ngact.com)

## Second Company Governor's Horse Guard announces Annual Pleasure Ride

**Saturday, May 7<sup>th</sup> - Annual Spring Judged Pleasure Ride** – Start Times from 9am-12pm at the Horse Guard facilities on the grounds of Fairfield Hills. The fee is \$45 per rider, payable the day of the event and includes lunch. Riders will be timed on the trail ride and awarded points for each obstacle successfully completed. Ribbons will be awarded for those finishing in the first through eighth places. For further information and reservations call SGT Karen deFriesse at 203-775-9781. **Proof of current Coggins and Rabies vaccinations is required on the day of the event.**

The Pleasure Ride is open to the public. Riders will enjoy one of the most scenic trails in the state, with a total distance of 8 miles. Lots of fun and challenging obstacles will be set up, both in our riding ring and fields.

The 2<sup>nd</sup> Company Governor's Horse Guard is an all-volunteer state militia unit originally chartered in 1808, and is one of the oldest Cavalry Units in continuous service in the U.S. A non-profit organization, the Second Horse relies mostly on its own fundraising efforts, in order to continue serving the State and its communities.

Come support the Cavalry in Connecticut and look for more information to follow regarding our Annual Horse Show, Sunday, July 23<sup>rd</sup>, 2006.

## Career Day Flight Chief volunteers needed

On May 24, the Bradley Air National Guard Base will host a "Career Day" event where high school students will be touring portions of the base as well as booths / displays in the main hanger.

"Flight Chiefs" are needed– essentially as guides to shepherd small groups of students from display to display.

If interested and available, please contact 1<sup>st</sup> Lt. Krzysztof Kucharski, Deputy Base Civil Engineer, 103 CES at (860) 292-2546 or by e-mail: [krzysztof.kucharski@ctbrad.ang.af.mil](mailto:krzysztof.kucharski@ctbrad.ang.af.mil)



## Around the Guard



### Chinese President visits Bradley Air Base

President Hu Jintao (left), President of China, shakes hands with Clark T. Randt, Jr., U.S. Ambassador to the People's Republic of China, with Col. Daniel L. Peabody, Assistant Adjutant General-Air, Connecticut National Guard, before departing the United States from Bradley Air National Guard Base, East Granby, Conn. on April 21. The Chinese President ended a four day visit to the United States with a speech at Yale University and arrival and departure from Connecticut's Air National Guard Base. (U.S. Air Force photo by Master Sgt. Jeanne E. Daigneau)

Do you have what it takes  
to take your career to the next level?



#### INSTRUCTORS NEEDED

Training Tomorrow's Leaders

The 2ND BN (GS) / 169TH REGIMENT

(LDR) at Camp Rell is seeking highly motivated SSGs who have completed BNCOC. We have *immediate* need for 5 Soldiers to fill slots as BNCOC Phase 1 Common Core Small Group Leaders. Qualified applicants must have 3 years time in service remaining, be a high school graduate or possess a GED equivalent, recently held a Skill Level 3 or 4 leadership assignment, and be selected through an initial interview and screening selection process.

POC is 1SG Daniel Morgan -  
daniel.p.morgan@us.army.mil



## Membership Opportunities

in the

### The First Company Governor's Foot Guard

The Oldest U.S. Military Organization  
in Continuous Service Since 1771  
is Currently Accepting  
Membership Applications.

- Dual enlistment permitted for current National Guard members
- Positions available in our rifle companies, band, color guard, rifle team, and honor guard.
- Participate in State ceremonies and represent Connecticut's military heritage.
- All State Militia uniforms provided

*Everyone Welcome!*

Membership information  
available at: **Governorsfootguard.com**





# Connecticut Military Department News

## Local equestrian appointed Honorary Captain in Horse Guard

CPL ANNIE MECCA  
PUBLIC AFFAIRS NCO 2<sup>ND</sup> COMPANY, GHG

Troopers of the Second Company Governor's Horse Guard held an award ceremony honoring Republican State Representative DebraLee Hovey of the 112<sup>th</sup> District, serving Monroe, Newtown, and the Sandy Hook area. She has been a strong voice for these towns at the state capital, crafting policies that encourage economic growth and job creation.

Hovey, a Monroe resident and longtime equestrienne, grew up with horses. She has been riding as a Hunter/Jumper since she was a very young girl traveling with her father to compete in horse shows. She has remained very active in the horse community, which includes on-going efforts to preserve equestrian trails throughout Connecticut, including the areas surrounding 2GHG's site in Newtown.

Originally from Maine, Hovey moved to Monroe eight years ago with her horse and was looking for a place to board. She saw the "Second Horse's" white fences that surround the property. Soon after she became interested in the Troop and asked if she could volunteer at one of our fundraisers. She has been a firm supporter and advocate for the Second Horse ever since.

Maj. Janis E. Arena, Commandant of 2GHG, presented Hovey with a certificate commissioning her as an Honorary Captain during a troop formation with Color Guard.

The 2<sup>nd</sup> Company Governor's Horse Guard is an all-volunteer state militia unit originally chartered in 1808, and is one of the oldest Cavalry Units in continuous service in the U.S.



*DebraLee Hovey (in vest) accepts her appointment as Honorary Captain in the Governor's Horse Guard from Maj. Janis E. Arena, Commandant of the 2nd Company Governor's Horse Guard. (Photo courtesy 2nd Co. GHG)*

## First Company Governor's Foot Guard completes first phase of Medical Reserve Corps training

SGT. MARK BOUDREAU  
1<sup>ST</sup> Co. GFG

The First Company Governor's Foot Guard, under the command of Maj. Commandant Dennis Conroy, was recognized for completion of the Medical Reserve Corps (MRC) of the Capitol Regions' Emergency Response Plan disaster preparedness training course in a ceremony held at the Foot Guard Armory on March 20. The volunteer members of the Foot Guard have been receiving training for the last six months, both online at the Federal Emergency Management Agency (FEMA) web site and in instructor taught classes.

The missions of the MRC, comprised primarily of volunteer health professionals, are to be among the first responders to care for casualties at the site of a local or regional disaster. The role for which the Foot Guard has been training is medical logistics, which consists of setting up and supporting a field medical facility in the event of a disaster. Classes included familiarization with FEMA's incident command structure, responder responsibilities and tools and techniques used in various disaster situations, including building damage, fires and chemical and biological emergencies. The next phase of the training to be undertaken by the Foot Guard will be hands-on with the equipment procured by the Capitol Region Emergency Planning Committee (CREPC) just for this purpose.

At the ceremony, the Foot Guard members were commended for their work in completing the first phase of the training and were awarded certificates acknowledging their accomplishments.

The First Company Governor's Foot Guard is the oldest continuously serving military unit in the United States.

## Foot Guard holds Annual Powder House Day re-enactment in New Haven

CAPT. ALTON G. HUDSON  
PUBLIC INFORMATION OFFICER

The 2<sup>nd</sup> Company of the Governor's Foot Guard (GFG) was organized in New Haven on December 28, 1774. On Saturday, April 22, 2006, the unit held several activities to re-enact the demanding of the keys to the Powder House for the march to Cambridge in 1775. Due to inclement weather the activities were all held in the New Haven Goffe Street Armory.

Powder House Day is celebrated each year, as shortly after the unit was formed, the first call to service arrived. The news of the Battle of Lexington arrived in New Haven on Friday, the 21<sup>st</sup> of April 1775, about noon. Benedict Arnold, who had been elected the first Captain and Commander of the Command, called out his company and proposed starting for Lexington to join the American forces. About 51 members voted to march on Monday, the 24<sup>th</sup> of April. Being in need of ammunition, Captain Arnold requested the town authorities to furnish the company with a supply, which they refused to do. Before starting on their journey, Arnold marched his company to a house where the Selectmen were sitting and forming in front of the building, sent in word to the Selectmen demanding supplies. This entire scene is normally re-re-re-enacted in front of the New Haven City Hall with the Mayor of the City. Afterwards, the unit gathers at the Center Church in New Haven for a memorial service for deceased members of the Foot Guard.

During this year's re-enactment of the demanding of the keys to the Powder House, members of the Foot Guard, Military Staff and New Haven government participated in the dialog as follows:

Captain Benedict Arnold: Major Peter C. Jenkin

Lieutenant Jesse Leavenworth: Captain Gary W. Stegina

Colonel David Wooster: Brig. General Louis J. Preziosi

First Selectmen: The Honorable Carl Goldfield  
Rev. Jonathan Edwards, Minister: Reverend Mister John Depastino

Following the memorial service and re-enactment ceremony, the entire entourage assembled on the drill floor for a combined Battalion Review.

This year was very unique, as a special contingent of representatives from many legendary units participated in all of the activities with the Foot Guard. The other units participating were: The Washington Light Infantry from Charleston, South Carolina, the 2<sup>nd</sup> Company Governor's Horse Guard from New Hampshire, the Kentish Guard from Rhode Island, the Ancient and Honorable Artillery Company of Massachusetts, the Centennial Legion Historic Military Commands, the New Haven Grays, the 1<sup>st</sup> and 2<sup>nd</sup> Companies of the Governor's Horse Guard from Connecticut and the 1<sup>st</sup> Company of the Governor's Foot Guard of Connecticut. Later that evening, all of the participants gathered for a formal military dinner in East Haven.

It is recorded that Arnold and his men reached Cambridge on the third day. The Foot Guard was the only company on the ground with complete uniforms and equipment. Thus they made a great impression on the British officers, observing, "They were not excelled by any of his Majesty's troops". After three weeks at Cambridge, the Foot Guard (excepting those members who joined the Continental Army) returned to New Haven.



# Fog, cold don't keep Guard parents, children from Easter Bunny



The Easter Bunny sits with one of the many children that came to take photos with him at the Breakfast with the Easter Bunny event. The event was held on April 15 in Camp Rell, Niantic. (Photo by Spc. Ryan L. Dostie, 65<sup>th</sup> PCH)

**SPC. RYAN DOSTIE**  
65<sup>th</sup> PCH

The foggy, cool weather on April 15 didn't stop families from attending this year's Breakfast with the Easter Bunny held at Camp Rell in Niantic, Conn. The Breakfast with the Easter Bunny is an annual event held by the Connecticut National Guard Child and Youth Program where members of the Army and Air National Guard bring their families for breakfast, pictures and presents with the Easter Bunny, face painting, arts and crafts, and an egg hunt for ages 0 to 10 years old.

This year's event drew five hundred people, two hundred and twenty of them children, from all over the state. In preparation for such a large crowd, cooking began at six in the morning and involved 150 pounds of pancake batter, 1,500 bacon slices, 1,500 sausage links as well as boxes of cereal, fruit, bagels, orange juice and plenty of coffee.

During the self-service buffet-style breakfast, children had the opportunity to sit with the Easter Bunny to take pictures. While some children ran to the Easter Bunny and others from him, the safest place seemed to be at the arts and crafts and face painting tent, where some left either covered in paint or in glitter.

The main event of the day was the egg hunt. Three thousand eggs, each filled with candy and prizes were scattered about the parade field at Camp Rell. Despite the field being littered with the brightly covered eggs, within minutes all eggs were scooped up and safely in the baskets of the children.

Attending the event was Maj. Ralph F. Hedenberg, 143<sup>rd</sup> Area Support Group, and his family. Hedenberg was deployed to Iraq for eleven months and missed the Easter celebration with his family last year. His son, Casey, 2, and his daughter, Aislyn, 4, are very excited to have him back. Laura, Hedenberg's wife, says there has been some readjusting since her husband has come home. She said that she had gotten used to being alone and had to readjust to being a family again, and for going from three family members to four again. "But it's very nice to have a partner again," she added with a smile.

Hedenberg had an extra family member for the day as he brought Jodie Pickel, 2, to the event. Jodie's father, Capt. David Pickel, Bravo Company, 102<sup>nd</sup> Infantry, is deployed to Afghanistan. Her mother couldn't attend the event.

Lt. Col. Alberto M. Higuera was also deployed to Iraq with the 143<sup>rd</sup> Area Support Group and is happy to be back with his wife, Mary B. Boyland. When asked if he and his wife had any readjustment difficulties Higuera answered no simultaneously as his wife said yes. She had become more independent, she explained, and was doing everything alone. They had to learn to come back together as a partnership again. Higuera agreed with his wife when she finished explaining.

After all the eggs were broken open, prizes collected, and the candy eaten, children waved their goodbyes to the Easter Bunny and yet another lively breakfast event came to a close.



Children of all ages take part in the egg hunt that finished up the Breakfast with the Easter Bunny Event. Three thousand eggs were set out for ages from 0 to 10 for the event held on April 15, at Camp Rell, Niantic. (Photo by Spc. Ryan L. Dostie, 65<sup>th</sup> PCH)



(From left to right) Maggie Connely, 3, Aislyn Heder event took place on April 15 and was held at Camp Unit. (Photo by Spc. Ryan L. Dostie, 65<sup>th</sup> PCH)





Children rush to gather the Easter eggs at the Breakfast with the Easter Bunny event. The three thousand eggs that were scattered about the field were gone in a matter of moments. The event, held on April 15, took place at Camp Rell, Niantic. (Photo by Spc. Ryan L. Dostie, 65<sup>th</sup> PCH)



John L. Anderson sits with his daughter, Chrystalynn, at an arts and crafts table. Anderson and his two daughters, Erika and Chrystalynn, attend the Breakfast with the Easter Bunny event on April 15 at Camp Rell, Niantic. (Photo by Spc. Ryan L. Dostie, 65<sup>th</sup> PCH)



Hedberg, 4, Casey Hedenberg, 2, and Jodie Pickel, 2, sit and go through the prizes and candy they gathered when collecting eggs in the Breakfast with the Easter Bunny egg hunt. The event took place at Camp Rell, Niantic. Jodie Pickel attended the event with Aislyn and Casey's parents as her father, Capt. David Pickel, is currently deployed to Afghanistan with Bravo Company, 102<sup>nd</sup> Infantry



## Recruiting & Retention: Mission One

### Traditional Guard Members: Want to make \$2000.00?

COL. GARY M. COSTELLO  
103RD FIGHTER WING VICE COMMANDER

ATTENTION all CTANG traditional guardsmen — National Guard Bureau has finally implemented a program that rewards you \$2,000 for “your” unit referrals that wind up enlisting into the CTANG. The program is called “The Guard Recruiting Assistance Program” (G-Rap) which is basically a contracted program designed for guardsmen who voluntarily apply to become eligible to serve as a part time Recruiter Assistant (RA). You will actually be hired by the contractor of the G-Rap program, (Docupak) and not by the ANG. Another words, you’ll essentially be an independent contractor for Docupak and not acting in a military capacity at all. And with this, if you decide to volunteer for the program you must actually be selected by Docupak to become an RA.

It’s a very easy process...all you have to do is go to the G-Rap website [www.guardrecruitingassistant.com](http://www.guardrecruitingassistant.com) and complete a short online training module. The website also contains everything you need to know about the program, i.e., POC info, basic qualifications/disqualifications criteria, all required information and supporting documentation you’ll need to gather from the potential enlistee, your responsibilities as an RA, and explanation how your \$2,000 reward will be distributed. In addition to the POC for Docupak, you may contact any of the recruiters with any questions or concerns you may have.

The recruiters are extremely excited about G-Rap and are looking forward to working with all our traditional guardsmen in an effort to get the CTANG back to 100% manning!!

Get on line, go to the website, read up, register, sign up a friend or anybody else and make a cool two grand.

## Recruit Sustainment Program hits mark on range



A young Connecticut National Guard Soldier takes aim on his career while experiencing the East Haven Rifle Range during a weekend training drill with the Recruit Sustainment Program. While waiting to attend Basic or Advanced Individual Training, new Soldiers are exposed to a variety of military concepts, principles and practices. (Photo by Staff Sgt. Pablo Ravizzoli, R&R Command)



DEPARTMENT OF THE ARMY  
1048th MEDIUM TRUCK COMPANY  
CONNECTICUT ARMY NATIONAL GUARD  
NATIONAL GUARD ARMORY, 63 ARMORY ROAD  
STRATFORD, CT, 06614-1702



### VOLUNTEERS NEEDED!

The 1048th Medium Truck Company is in immediate need of Soldiers.

Available positions for E-6 and below:

88M  
92F  
63B  
92Y

#### Benefits:

MOS reclassification  
Promotion Opportunities  
Experience toward a CDL for 88M Soldiers  
Leadership experience



Interested Soldiers should call 1SG Seyler/SFC Gray  
at 203-375-4831 X-31/32



# Air Force Public Key Infrastructure and Smart Card Login explained

MASTER SGT. ROBERT ZUKAUSKAS  
103CF/ INFORMATION ASSURANCE

The 103 Communications Flight met with the base CSAs, ISSOs, and other various personnel to inform them of current and upcoming events on the Air Force Public Key Infrastructure (AF PKI) and using the Smart Card Login (SCL) system. SCL gives the ability to use your Control Access Card (CAC), also known as your military ID, to gain access to the Air Force network.

In a recent message, WARNORD 06-16, the Air Force mandated that by 31 July '06, every Airman will have the capability to login into the Air Force network using their CAC cards. Users put their cards into the readers, the PKI software reads the Gold Chips embedded in the cards for their individual "Private keys", which are certificates, link them to the installed "Public Keys" on the workstation, ask for their PINS, and upon successful authentication, lets the users access the network. There is more to the

login and the information stored on the CACs which can be accessed through the following website: <https://afpki.lackland.af.mil/html/flashindex.asp>

Before the SCL system can be used, most people will need to have their PINS reset which can only be done by a CAC Pin Rest machine (CPR). The 103 CF has acquired two such machines and has installed one at ACS and the other is located in the Computer Training Room (CTR) across from the Dining Hall. The following is a schedule for the convenience of users to update their PINS, if needed:

April – fulltime technicians  
May – MSG personnel  
June – MXG personnel  
July – OPS, HQS, MDG, FW, etc...  
ACS will post its schedule  
Hours of operation:  
UTAs – 1000 – 1300 hrs for both Saturday and Sunday  
Weekdays – Tuesday and Thursday, 0900-

1000 and 1300–1400 hrs.

Building 78 – Those personnel working in building 78 can have their passwords reset on Wednesdays by MPF.

**NOTE:** Do not use MPF during Drill weekend for PIN reset, they are only issuing CACs.

The CPR machines will be manned by either Trusted Area Security Managers (TASMs) or CPR Trusted Agents (CTAs) from their respective areas. After 31 July '06, the ANG and the Air Force will consider "converting to SCL" which will make password logins history.

There are several questions that still need to be answered such as, "How will this affect users who need to access OWA from home?", "How do I know if my card works?", or "How do I install certificates if I need them" and more. For answers to your PKI questions please go to the intranet, and under the "Public Key Infrastructure (PKI)" folder, there will be several handouts in

explaining the PKI systems. Use the link provided previously in this article, or see your CSAs.

"Hackers" have randomly sent out spam mail and malicious logic in bulk, but today they have combined their efforts into mercenary tactics working for organized crime units with pinpoint accuracy to get what they want and most often do. DOD has become one of those prime targets that these units are working against along with our adversaries. DOD has spent much time and energy combating this growing problem by developing the Global Information Grid (GIG), a separate network from the civilian side, linking the armed forces and providing interoperability and net-centricity.

The Air Force has given three months to complete this transition and fully adopt the smart card login. There will be "growing pains," but with cooperation and patience the task will be accomplished.

OFFICERS CLUB OF CONNECTICUT  
Hartford Armory (860) 249-3634  
email: ctoclub01@yahoo.com  
MAY 2006

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2 11:00 AM Dept Mental Health	3 Legislature session ends at midnight	4 4 PM 1st Co Gov Horse Guard at Avon  Hooray Hooray The 4th of May, Outdoor Funning begins today	5 Cinco de Mayo Special Buffet	6 National Guard Drill
7 National Guard Drill	8 8 - 10 AM Cathy Abercrombie Bkfst	9	10	11 12 Noon Elmwood Seniors Lunch  6 - 8 PM Fundraiser Gov Jodi Reil	12	13 6 PM Lion King at the Bushnell Dinner followed by bus to Bushnell (or walk)
14 MOTHERS' DAY BRUNCH AT THE O'CLUB 11 - 2 PM	15	16 8 AM Betsy Ritter Bkfst  12 Noon Ladies O'Club Lunch	17 5 PM Fundraiser Corky Mazurek  OEM Bkfst and Lunch at OEM	18 5 PM Dinner Permanent Comm on Status of Women	19	20 1:30PM Sue Wernick Lunch before Lion King  7 PM 1st Co Gov Ft Guard EM Dinner/Dance
21	22	23	24 5 PM Dinner Perm Comm on Status of Women	25	26 O'Club Night Clam and Lobster Bake Agreat way to Start The Holiday Weekend Reservations Please	27
28	29 MEMORIAL DAY CLUB CLOSED  Honor our deceased Servicemen & women	30	31			
O'Club open for lunch daily 1130 AM to 2:30 PM Bar & Lounge open at Lunch and 4 PM to Closing Lion King at the Bushnell May 13th (sold out) & June 1st Call Ginny Scheller 282-0778 for tickets (19 left)						

OFFICERS CLUB OF CONNECTICUT  
Presents  
ANNUAL CLAM BAKE  
Friday, May 26, 2006, 6:30 pm

\$27.95 per person



\$34.95 (w/ lobster)

Menu

Raw Bar    Salad Bar

New England Clam Chowder    Lobster Bisque

Boiled Lobster,(by request)

Maine Steamers w/Drawn Butter & Clam Broth,  
Mussels, Red Potatoes, Corn on the cob, in a String bag  
together with Pasta w/ sundried Tomatoes

BBQ Chicken, & Roast Beef

Bread & Rolls    Coffee, Tea, Milk

Strawberry Festival Desserts

Reservations only (860) 249-3634  
(you need to order lobster in advance)



## Military Matters

### *Military, families can get online mental health screening*

GERRY J. GILMORE  
AMERICAN FORCES PRESS SERVICE

Military members and families coping with the stress of overseas deployments and other potential health-threatening issues can log onto the Internet to get help, said a U.S. military psychologist.

Servicemembers from all components and their families can obtain a mental health self-assessment or screening through a Web site co-sponsored by the Department of Defense and Screening for Mental Health Inc., a nonprofit organization, said Col. (Dr.) Joyce Adkins, a psychologist with the Force Health Protection and Readiness directorate at the Defense Department's Health Affairs office.

"The (online) screening actually gets you to where you need to be in terms of counseling," Dr. Adkins said. "Once you do one of the screening checklists, it will give you the benefits that are available to you."

The Web site was brought online in January, and can be found at <http://www.mentalhealthscreening.org/military/index.aspx>. The link to the survey is in the upper right corner of the Web page under "Click for anonymous self assessment."

The site augments other DOD mental health assistance resources, Dr. Adkins said. People logged onto the site are asked to answer a series of questions. The

program "grades" the completed survey, Dr. Adkins said, and gives people an evaluation of their present mental health and provides assistance resources, if deemed necessary.

Other DOD-endorsed health sites tell customers how to access mental health counseling services, but do not provide an online mental health screening program, Dr. Adkins said.

National Guard and Reserve members returning from overseas deployments also are authorized to use the Web site, Dr. Adkins said. Returning Reserve-component members have two years of health benefits provided by the Department of Veterans Affairs.

"And, it's totally free to them," the colonel said.

Such services are especially important now because of the potential stressful effects deployments can have on both military and family members, Dr. Adkins said.

"It's a concern that people don't understand what their thoughts and feelings mean as they come back from deployment," Dr. Adkins said. "As they re-integrate with their families there may be conflict in the family that's not easily resolved."

The mental health screening Web site and other related programs available to servicemembers and their families provide "a level of benefits and a level of service to help them understand what services are available to them for mental health issues," Dr. Adkins said.

CTARNG Education Office Education Bulletin 06-02  
Readiness NCO's Please publish in a conspicuous location

### INTRODUCTION OF THE ROSETTA STONE LANGUAGE LEARNING SOFTWARE ON THE ARMY E-LEARNING PORTAL

The US Army and its reserve components have acquired licenses to the Rosetta Stone Language Learning software. This is an excellent opportunity for soldiers to learn a foreign language with some of the most modern language software available. In addition, these courses will show up on your ATTRS training record, allowing them to count towards promotion points. This is an excellent opportunity for both personal and professional development.

TO ACCESS THE SOFTWARE  
- VISIT [WWW.VIRTUALARMORY.COM](http://WWW.VIRTUALARMORY.COM),  
- CLICK ON THE EDUCATION TAB  
- ARMY E-LEARNING IS LISTED UNDER  
FEDERAL BENEFITS.

SIGN UP TODAY  
IT'S EASY AND IT'S FREE!!!

For more information on this, or any other one of your Federal or State education benefits, please contact:  
CTARNG Education Office  
Phone: 860-524-4820/4816  
Fax: 860-524-4804  
E-mail: [Jeremy.Lingenfelser@Ng.Army.mil](mailto:Jeremy.Lingenfelser@Ng.Army.mil) or  
[Linda.Allsop@us.army.mil](mailto:Linda.Allsop@us.army.mil)

CTARNG Education Office Education Bulletin 06-02  
Readiness NCO's Please publish in a conspicuous location

## Dad's deployed and Mom can't pay the bills alone. What can we do?



## Apply for the Military Family Relief Fund NOW!

For more information about this program, or to fill out an application, visit [www.ct.gov/mil/mfrf](http://www.ct.gov/mil/mfrf) or call (860) 524-4910.





CHIEF MASTER SGT.  
WANDA WAWRUCK

## Enlisted Update

### Recognition/Recruiting

In the March article, I recognized our outstanding Airmen and Soldiers of the Year. Since my last writing, we also selected two additional awards...the Command Chief Award recipient is Sr. Airman Allen R. Schmied, 103d Air Control Squadron and our Honor Person of the Year is, Tech. Sgt. Walter J. Cichon, 103d Security Forces. Both were recognized at the Wing Recognition ceremony last month and Cichon will be honored again during the Armed Forces Day Luncheon on 19 May at the Aqua Turf. Congratulations to you both!

"Everyone is a Recruiter!" Have you heard this phrase before? I'm sure you have and it is also defined as one of our core responsibilities as an enlisted member. Our future force is dependent on continuous recruiting efforts. Like so many other career fields, the mission can not be successful without a team. We all chose to serve for many different reasons, but our values and commitment are the same. For those who already actively recruit or forward leads to our recruiting staff...thank you and we encourage you to continue. I'd also like to bring to your attention a new program that may interest many of you.

To assist with our recruiting efforts, the Air National Guard recently adopted an initiative developed by the Army National Guard called the **Guard Recruiting Assistance Program (G-RAP)**.

G-RAP is a program designed for individuals to work directly for a contractor as a part-time Recruiter Assistant (RA). Once an RA meets the pre-qualification and training requirements, the contractor sets up a

meeting between the RA and local Guard recruiter. This process will assist the RA in "sealing the deal" for potential enlistments.

Once the enlistee is sworn in, the RA will receive an initial payment of \$1000 with an additional \$1000 payment when the recruit ships to Basic Training. NOTE: Payments vary due to training dates and other rules apply for prior service recruits. Does this sound like something you would like to do? It's easy...just log onto [www.guardrecruitingassistant.com](http://www.guardrecruitingassistant.com).

There are many more details and responsibilities associated with this program that I will not cover in this article, but advise you to log onto the web site or inquire through our recruiting staff. The main purpose of this program is to assist the Guard overall in maintaining our end-strength.

There is also another outstanding event on May 24 that benefits our recruiting efforts - Career Day. The 103d Fighter Wing will host a Career Day for many of our local schools with an expected attendance of more than 400 students! Displays and demonstrations are planned that include our A-10s, fire department, security forces and much more. We need people to assist with cooking and escorting groups around the base. Commanders, Chiefs, Shirts, Supervisors, we ask for your assistance in getting the word out. Again, an event of this magnitude can not be successful without a solid team effort. We hope that your schedules are flexible enough to come out and lend a hand for our future.

I appreciate all that you do for your communities and our organization. Keep up the great work and I look forward to seeing you during my visits.

Visit the  
**Connecticut  
Guardian**  
on-line at  
[www.ct.ngb.army.mil](http://www.ct.ngb.army.mil)

## Letters to the Editor

### Membership in professional organizations important

I urge all our Connecticut National Guard Soldiers and Airmen to consider joining and actively participating in professional organizations that support our common professional interests.

Such organizations as NGAUS, EANGUS, AUSA, AFA, NGACT, and ROA are just a few of the many quality organizations that give voice to Soldier and Airman concerns and promote the professional interests of the National Guard, other reserve components and the U.S. Army and U.S. Air Force. In addition, they provide excellent avenues for professional growth. When you support and participate in professional organizations you become a more effective leader. I also want to encourage everyone to support our State Association, NGACT and its mission. Please visit NGACT's website at <http://www.ngact.com/>

The NGACT provides a means to express the wishes of its many members. In the past it has proven its value through improved benefits and better equipment. The NGACT offers individual and family benefits otherwise not available. Benefits include Group Insurance for members and families, annual NGACT Conference, a quarterly newsletter; and support services including Scholarships, Family Support and Retirees' Committee.

NGACT is in the business to respond to your needs as a Citizen-Soldier. Although the NGACT represents everyone in the Connecticut National Guard, not everyone in the Guard is a NGACT member. Consider joining our NGACT team if you're not

already a member. Not only will you be helping the Connecticut Army and Air National Guard, but you'll be doing yourself a service: as the National Guard benefits, so do you.

I recognize the propriety of supporting or belonging to professional military organizations is sometimes misunderstood. Although it is improper for anyone to endorse a specific organization while acting in their official capacity or to support any private organization with government resources, Guard members acting in their private civilian capacity are free to join and support professional organizations, please contact our Judge Advocate General (JAG), Maj. Timothy Tomcho for any ethical or legal questions.

As a member of associations such as these, you gain valuable information about issues that affect you and your family. You also have opportunities to express your views and strengthen the efforts of like-minded professionals who are fighting for the resources and statutory provisions that keep the National Guard strong. Membership in organizations such as these is the right thing to do - for you, for your family, for the National Guard and for our nation.

These organizations work for all of us. They cannot be effective without your support. Please consider joining one or more of the organizations that support our profession of arms.

CAPT. WAYNE B. FERRIS  
OFFICE OF THE ADJUTANT GENERAL  
EXECUTIVE OFFICER

## HANDYPERSON HOTLINE

CALL  
(860)209-0770  
TODAY  
TO VOLUNTEER  
YOUR SKILLS



Send Letters to the Editor to:  
Editor, Connecticut Guardian, National Guard Armory, 360 Broad Street, Hartford, CT  
06105-3795  
or by email to: [ctguardian@ct.ngb.army.mil](mailto:ctguardian@ct.ngb.army.mil)  
All letters must be signed and include a phone number for verification.  
Letters may be edited for grammar, spelling and space, but not for content.



# Homefront

## In defense of Connecticut's children: Stopping underage drinking - legally

TECH. SGT. DEON SUMEERSANAUTH  
DRUG DEMAND REDUCTION ASSISTANT

How many of you are aware that there is a bill —**HB 5211** — at the State Capitol that would stop drinking— underage drinking, that is? You may have thought it's illegal to consume alcohol under age 21, but did you know that that's not entirely true?

Current Connecticut law prohibits minors from possessing alcohol in public places, but does not prohibit them from possessing alcohol on private property. The law also allows anyone to hold a party for underage drinkers in their home or on their property.

Connecticut police are often called to house parties about noise, fights, vandalism, property damage and sexual assaults. When police arrive, they cannot address the real issue—underage drinking— because existing state law allows minors to possess alcohol on private property. The adult who condones such drinking is not held accountable.

In 2001, 36 Connecticut minors died due to alcohol-related exposure. That year, Connecticut taxpayers paid \$600 million for underage drinking-related incidents.

Connecticut youth drink at rates that are twenty-eight percent higher than the national average. And a Connecticut child begins drinking earlier at an average age of 11. National studies have shown that kids who begin drinking alcohol before the age of 15 are 5 times more likely to develop alcohol related problems than those who start after age 21.

Some others thing to keep in mind: Connecticut ranks 14th highest in the nation for the rate of underage binge drinking. Sixty-one percent of Connecticut-surveyed minors report they drink at “house parties/private property.” Seventy-seven percent of high school students report obtaining alcohol at home, with or without parental permission.

Binge drinking commonly occurs because alcohol is freely available. And that leads to

common alcohol-related incidents such as alcohol poisonings, traffic crashes, property damage, community disturbance, violence, and sexual assault.

Almost a third of all Connecticut towns have passed ordinances to address the loophole against house parties. However, the ordinances cause the house party to move to one of the other seventy percent of Connecticut towns that don't have an ordinance to stop underage drinking.

HB 5211 will close the loophole in current law by allowing police to address the issue of underage drinking and hold minors accountable for possessing alcohol on private property and making an adult accountable for providing alcohol to minors.

HB 5211 would:

1. Make it illegal for a minor to possess any alcohol.

It would expand state law to mandate fines or alternate sanctions for alcohol possession by a minor. It would also clarify language to make possession a crime, impose a mandatory fine and encourage judges to impose alternate sanctions. Possession of alcohol by minors would continue to be legal only in four circumstances:

- § prescribed by physician
- § if parent or legal guardian approves for their child
- § spouse over 21 accompanies minor
- § 18 year-old is in possession of alcohol in the course of employment.

2. Make it a crime for any adult to furnish or facilitate an underage minor to possess or consume alcohol on private property or house parties. New language in state law would define house parties; clarify when an adult is responsible for minors in possession or consuming of alcohol on private property, including residences, private clubs, etc.; revise statutes to offer lower penalty for a first offense, encouraging arrest/prosecutions and judicial response. (Current law makes it a felony.)

§ It would make it a infraction-first offense and allow a fine of up to \$500 or one year in prison, with a judicial option to add “community work labor service program.”

§ A second offense would be a misdemeanor punishable by a fine of up to \$1,500 and/or imprisonment for up to 18 months.

§ If an underage minor becomes intoxicated and causes or suffers death or great bodily harm from intoxication, the adult convicted of allowing alcohol possession would be subject to a fine of up to \$10,000 and/or imprisonment for up to ten years.

3. Establish expanded options for judges for a minor charged and/or convicted of possession of alcohol. HB 5211 would establish a comprehensive menu of penalties, sanctions and services available to judges for an underage minor charged and/or convicted of possession and consumption of alcohol. Current law only provides for fines. Sanctions or services would include: continuing current fines — \$200 to \$500; providing up to 180 days in “community work labor service program”; offering pre-trial diversion and erasure of a criminal record for first time offenders; giving judges authority to suspend the driver's license of minor convicted for possession of alcohol; and ordering mental health/substance abuse services if needed.

(Editor's Note: As of May 2, House Bill 5211 passed both the House and the Senate and now awaits a Public Act number and will then go the governor for signature.)

## Education Essentials

(Editor's Note: This is second part of two-part series that began in the April 2006 issue.)

### What resources are available to help me become credentialed?

There are numerous types of resources available while in the military to include financial resources, educational opportunities, and testing/credentialing opportunities. Contact your Education Services section for additional information on tuition waivers, DANTES testing, etc. For ARNG, contact (860) 524-4816, jeremy.lingenfelter@us.army.mil; for ANG contact (860) 292-2568, Christopher.coutu@ctbrad.ang.af.mil. Some examples include:

• Defense Activity for Nontraditional Education Support (DANTES) - DANTES administers a number of inter-service programs related to nontraditional education. See their:

— Credentialing Program - This program enables service members to obtain credentials while in the military. DANTES has agreements with over 30 nationally recognized certification associations. In addition, DANTES has limited funding available to assist individuals seeking to obtain certain occupational licenses or certificates. See the DANTES web site for a list of certifications and a calendar of national certification tests.

— Distance Learning Program - The DANTES Distance Learning program provides a wide range of nontraditional education programs critical for Service members who need alternatives to fulfill degree requirements when classroom courses are unavailable or when work schedules or duty locations do not permit class attendance. Visit the DANTES website for all details:

[http://www.dantes.doded.mil/dantes\\_webdanteshome.asp?Flag=True](http://www.dantes.doded.mil/dantes_webdanteshome.asp?Flag=True)

• Department of Veterans' Affairs Education Services - The VA's Education Service administers a number of benefit programs, including:

- Montgomery GI Bill Active Duty (for those who have served on active duty);
- Montgomery GI Bill - Selected Reserve (for members of the selected reserve);
- Veterans Education Assistance Program (VEAP).

The VA's Website includes information on eligibility for these benefit programs, as well as documents and forms which will aid school officials, veterans and dependents. If you need additional assistance, you can call their toll-free number 1-888-GI-BILL-1 (1-888-442-4551) to speak with a Veterans Benefits Counselor.

• State of Connecticut Department of Labor – Visit the Connecticut DOL homepage for informational links on employment and the Veterans Workforce Development team. <http://www.ctdol.state.ct.us/veterans/default.htm> or [www.ctvets.org](http://www.ctvets.org).

• State of Connecticut Department of Consumer Protection – Connecticut's Consumer Protection Department is the awarding authority for many trade licenses. Visit their homepage: <http://www.ct.gov/dcp/site/default.asp>.

Please visit these websites for further information on credentialing and career assistance programs.

- <https://www.cool.army.mil>
- <http://www.hirevetsfirst.gov/>
- <http://www.dol.gov/vets/welcome.html>
- <http://www.militaryguides.acenet.edu/>
- <http://www.careeronestop.org/>
- <http://www.godefense.com/>
- <http://www.acap.army.mil/transitioner/presep/chapter3/3f.cfm>
- [http://www.careerinfonet.org/acinet/licensedoccupations/lois\\_occ.asp?by=occ](http://www.careerinfonet.org/acinet/licensedoccupations/lois_occ.asp?by=occ)

You may have thought  
it's illegal to consume  
alcohol under age 21, but  
did you know that that's  
not entirely true?





# Veterans' Assistance

## Answering your questions: Introducing border state SBAs

DANIEL J. McHALE  
STATE BENEFITS ADVISOR -CT

I will bring forward several issues in this month's column that are timely and relevant to Veterans and their families and hope that I can answer some of the questions that have surfaced.

The first is VA monetary compensation regarding Soldiers and Airman in a drilling status. Periodically, I will invite State and Federal Veteran Affairs Representatives and Veteran's Service Organizations to contribute to this column. With several hundred Veterans already receiving compensation and drilling, I thought it would be prudent to have a subject matter expert clear up some confusion. John Lankford one of the most knowledgeable Reps and is a retired master sergeant, CTARNG, Vietnam Veteran and an Attorney that works at the Newington VA Regional office. I have day to day contact with him and his professionalism is well known amongst the military community. I hope this will clear up some confusion.

### VA Disability Compensation and Drill Pay

Soldier/Veterans who have been awarded monetary compensation by the VA for service-connected disabilities face adjustments in benefits due to receipt of drill pay.

The law against "double-dipping" in Federal employment requires that, for every day's drill pay received, a day of VA disability compensation must be waived. We in the VA do this as follows:

At the end of each fiscal year, the DoD Manpower computer "talks" to the VA's big computer and tells it the number of days pay a Guardsman received that year. Let's say a Guardsman has done twelve MUTA-4s and fifteen days' Annual Training. This adds up to 63 days pay for the year in question.

The VA then sends a form-letter to the Soldier/Veteran advising him that we intend to suspend his disability compensation starting next month for 63 days. (If the actual figure is greater or less than the one shown, his Readiness NCO can verify the

change and report it to the VA.) If we do not hear from the Guardsman, we will recover the 63 days of drill pay over the next couple of months and then resume the award as before. No other VA entitlement (health care, education benefits, etc.) is affected. The process will repeat the next fiscal year.

ADSW is counted as drill pay for these purposes. Duty performed for the Governor, (natural disasters, civil preparedness, etc.) is not.

Federal active duty under Title 10, such as a Presidential mobilization, is different: that is full-fledged active duty, and VA disability must stop for the entire period of mobilization. It is your responsibility to advise us of the fact! You may do that by simply calling the VA at 1-800-827-1000 and giving the information to a benefits counselor. Upon your release from Title 10 active duty, send the VA office that keeps your claims file a copy of your DD 214. Benefits will be resumed promptly.

### Women Veterans

Another movement that is gaining momentum and recognition is the increasing numbers of women veterans. More and more women Soldiers and Airman are serving in the Armed Forces and the Veteran's Affairs community is adapting to provide specialized services and care. The following is a reprint from the American Forces Press Service, By Rudi Williams.

WASHINGTON, March 31, 2006 - There was a time when women veterans didn't feel welcome at Veteran Affairs Department medical facilities, but the causes of such feelings have changed dramatically over the last few years,

VA's top advocate for women's health said.

"We're seeing a dramatic increase in the number of women veterans turning to VA for health care," Carole L. Turner, Veterans Affairs' national director for the women veterans health program, said. "And the satisfaction they're expressing about the health care they receive at VA is improving tremendously."

Turner said VA has a full continuum of comprehensive medical services, including health promotion and disease prevention and

primary care. There is also women's gender-specific health care, such as hormone replacement therapy, breast and gynecological care, maternity and limited infertility treatments. There is also substance-abuse treatment, mental health, rehabilitation and long-term care.

"If a specialty isn't available in-house, VA will contract out with providers in the community," said Turner, a former Air Force nurse who has more than 20 years of VA experience. Military sexual trauma treatment also is available, including counseling and treatment for any emotional or physical condition experienced as a result of sexual trauma experienced while on active duty.

Turner said women often seek treatment for "the same kind of health conditions that men experience — diabetes, heart disease, orthopedics care, dental care." However, she added, women veterans also require certain unique health care services, such as maternity care.

There also are differences in the types of assistance services women seek from the VA. "Women who are homeless generally come with families or children," Turner said. VA has pilot programs for homeless women veterans with and without children at 11 medical facilities around the country.

VA also works to educate women on ways their health issues differ from men's— for instance, how heart disease manifests itself differently in women than in men. She said VA is working with health care providers to ensure they're aware of and looking for signs and symptoms in women that they wouldn't ordinarily think are attributable to heart disease.

Turner emphasized that "all VA facilities aren't created equal." But no matter what type of facility women visit, they're going to get quality breast care, either within the VA center or outsourced, she said. Studies indicate that newly diagnosed and treated breast cancer patients often suffer from such quality of life problems as insomnia, weight gain, chronic fatigue, depression and anxiety. "VA is very well equipped to help the social ramifications of disease," Turner said.

"The VA offers one-stop care for the

majority of biological, psychological and social health care problems women might be experiencing," Turner said. VA also has published privacy standards, particularly for treating women. Gone are the days when women didn't feel welcome at VA hospitals and voiced concerns about the lack of privacy, Turner said. "We also have waiting areas that are like subunits so women can wait separate and apart from men," she said. "The environment has been designed so women can bring their children, so they know that they're safe and secure."

Turner attributes much of VA's success in treating women veterans to women program managers who are advocates at every medical center. "They're there to help women veterans navigate the system," she said. "They try to ensure that the types of issues and concerns women might have about the environment or the care they receive are being addressed by staff and facility leaders who are sensitive to those needs."

### CTNG "Cross-border" Soldiers and Airmen

Connecticut National Guard Men and Women who serve in Connecticut units but live in other states, need to know their SBA's (State Benefits Advisor) in their own state's. The following is a list of SBA's and their contact information in border States:

Massachusetts, Michael Ryan, 508-233-7369, michael.ryan12@us.army.mil

Maine, Wendy Moody, 207-626-4221, wendy.moody@us.army.mil

New Hampshire, Lisa Lindskog, 603-225-1309, Lisa.Lindskog@us.army.mil

New Jersey, Joseph Nyzio, 609-530-6857, joseph.nyzio@njdmava.state.nj.us

Rhode Island, Steven Usler, 401-275-4198, steven.usler@us.army.mil

Vermont, Ronnie La Bounty, 518-597-4497, ronnie.m.labounty@us.arm.mil

The New York SBA position is vacant at the moment. When the job is filled, I will pass on the information. If you have any questions about the SBA program, don't hesitate to call me at 860-524-4908.

Need assistance? Have questions?

Contact the

103rd Air Control Squadron's Family Support Program

by visiting its Website:

[www.103rdacs.com](http://www.103rdacs.com)

Visit the  
*Connecticut  
Guardian*

online at

[www.ct.ngb.army.mil](http://www.ct.ngb.army.mil)



# Guarding Your Rights

## Legal Affairs: *Legal issues for deploying Soldiers*

**CAPT. ROBERT E. HENRY**  
**COMMAND JUDGE ADVOCATE**  
**85<sup>TH</sup> TROOP COMMAND**

From November 2004 through September 2005 I was deployed as the Command Judge Advocate assigned to the Joint Area Support Group, Baghdad, Iraq. One of my primary tasks was to provide legal assistance to the International Zone community.

The International Zone, or "IZ" to its inhabitants, is often incorrectly referred to as "The Green Zone." In military parlance a "green zone" is an area safe from enemy fire, as opposed to a "red zone," which is not. As an example, 18 Soldiers from the 143 Area Support Group, CTARNG, were awarded Combat Action Badges while serving in the IZ. These awards show conclusively that the IZ was not a green zone. As a result of my experience in the IZ, I have identified three issues that deploying soldiers and their commanders need to focus on prior to deploying.

### Family Care Plan

Army Command Policy, AR 600-20, 5-5, sets out the guidelines for Family Care Plans.

Soldiers subject to these provisions need to insure that they fully comply with them prior to departing for their mobilization station. The Soldier has to be certain that the chosen guardian is trustworthy, reliable and fully understands the implications of being a guardian. Regardless of the stated deployment cycle, the guardian should be aware that their responsibilities may extend beyond the time initially contemplated.

The Soldier is responsible under AR 600-20, 5-5j(2) "to thoroughly brief guardians on arrangements made by the Soldier,

location of all pertinent documents, procedures for accessing military and civilian facilities, services, entitlements and benefits on behalf of the dependant family member." Simply having someone agree to take on this responsibility is not enough. The guardian must fully understand the responsibilities incumbent in this undertaking and how to effectuate those responsibilities. Soldiers should be especially diligent in briefing the guardian if the guardian has no prior experience with the military.

Commanders need to read, understand and fully comply with the provisions of AR 600-20, 5-5. The Family Care Plan program was developed in response to hard learned lessons from prior deployments. Failure of an inadequately prepared Family Care Plan can have a detrimental impact on unit effectiveness, especially if the Soldier at issue holds a critical MOS in the unit. Insuring that there is a Family Care Plan is not just another box to be checked off on the validation checklist. For the good of the command, commanders need to certify that unit members Family Care Plans will be effective.

Ultimately the responsibility for a workable Family Care Plan falls to the Soldier. Failure of a Family Care Plan is potentially a cause for adverse administrative action to include separation from service. Beyond the career implications, Soldiers should recognize that how they care for the family affects their comrade's perception of them as soldiers. Why should you be trusted in combat when you don't take care of those closest to you at home?

### Lease Termination

Under the Servicemembers Civil Relief Act, (SCRA) 50 USC§534, Soldiers deploying for

more than 90 days can terminate a real property lease (residential, professional, business or agriculture) by written notification to the landlord. The lease can be terminated by Soldiers on active duty at the time the lease is signed or by a Soldier who enters active duty after signing the lease.

Terminating the lease is preferable to making an oral agreement with a roommate for the roommate to assume all responsibility for the lease. Terminating is a legal process which vitiates claims by the landlord if the roommate fails to meet any lease obligations.

If a Soldier cedes responsibility to a roommate but remains on the lease the burden will be on the Soldier to show that liability for any claims should lie with the roommate. Arranging for legal representation from a combat zone on the other side of the world is difficult, frustrating and unnecessary. By taking advantage of this provision of the SCRA the Soldier alleviates a potential problem at home and can better focus on the mission.

### Legal Proceedings While Deployed

If a Soldier is made part of a civil action while deployed the Soldier can automatically stay the proceedings for 90 days under the SCRA. After that it is within the discretion of the court as to whether or not to continue the stay. The court must make a determination that the Soldier's ability to defend his interests has been materially affected by his deployment. My experience has been that courts do find that a deployment is material to the defense of the action and stay the proceeding until the Soldier returns from overseas. Under the SCRA, if a court lifts a stay, the court must



appoint counsel to represent the Soldier.

However, in a case where a Soldier retained private counsel to represent him prior to deploying, the court vacated the stay, finding that since the Soldier had the ability to retain a lawyer he did have adequate representation and could participate in the defense of the action.

The facts of this case were that the Soldier in question was part of a training team who deployed regularly from his base in Qatar to both Iraq and Afghanistan. He was often at remote locations for extended periods with limited access to communications. Because of operational security requirements regarding this Soldier's mission he was restricted from disclosing relevant facts about his service to the court when an appeal of the order to lift the stay was made. The court found the limited details provided in the appeal to be unpersuasive, describing them as "boilerplate," and denied the appeal.

In the event that a deployed Soldier is made party to a civil suit the best course of action is to contact a legal assistance attorney in the nearest Judge Advocates office. They will be able to provide you with a letter requesting a stay under the SCRA. That will be sufficient to protect your interest while deployed without the problems encountered by the Soldier discussed above. While the Army normally encourages Soldiers to be pro-active, under certain circumstances it can be detrimental.

*This article is not intended as and does not constitute legal advice. Specific legal issues are unique to each person and factual situation. Persons with legal issues are encouraged to personally consult with an attorney.*



**WAYNE E. TRAVERS JR.**  
**CTESGR PUBLIC AFFAIRS OFFICER**  
**WAYNE.E.TRAVERS@US.ARMY.MIL**

Recently, two Connecticut Army National Guard units – the 143<sup>rd</sup> Forward Support Battalion (L) and the 192<sup>nd</sup> Engineer Battalion – received their mobilization orders in support of Operation Iraqi Freedom.

Preparing to leave for an extended tour of duty which may last 18 months or longer can be difficult on a service member and his or her employer, but so can the transition back to the workforce, which is why the Uniformed Services Employment and Reemployment Rights Act (USERRA) clearly states the rights and responsibilities of employer and employee.

For a member of the National Guard or Reserve to qualify for reemployment rights

under USERRA, an employee must:

- Have left a civilian job
- Have provided notice (verbal or written) of upcoming military service (voluntary or involuntary)
- Not have served a cumulative period of more than five years (This total does not include inactive duty for training or "drills," annual training, voluntary or involuntary active duty in support of a war, national emergency, or certain other operational missions, or additional training requirements determined and certified in writing by the Service Secretary, and considered to be necessary for professional development or for completion of skill training or retraining)
- Have been released from military service under honorable or general conditions
- Have reported back to work or applied for reemployment within the time limits specified

under USERRA

Under USERRA, there are time limits for reporting back to work or applying for reemployment based on the duration of uniformed service and the type of military duty performed does not relate to the employee getting his or her job back. Under USERRA, the following rules apply:

- For military service up to 30 days, an employee must report to work on the next regularly scheduled shift or work day following release from duty, safe travel home and eight hours of rest
- For military service lasting 31-180 days, employees must apply for reemployment within 14 days of release
- For military service exceeding 181 days, employees must apply for reemployment within 90 days after release

When applying for reemployment,

employees should identify themselves, state they left that employer for the purpose of military service and have completed that service and request reinstatement. If an employee fails to report to work or apply for reemployment within those periods specified under USERRA, he or she does not forfeit rights under federal law but becomes subject to employer rules concerning unauthorized absence from the workplace.

ESGR volunteers are available to answer any reemployment questions an employee may have upon release from military service and information is available at [www.esgr.com](http://www.esgr.com) or by calling 800-336-4590. For employers, ESGR's "Employer Resource Guide" provides many of the answers to frequently asked questions about rights and responsibilities under USERRA.

## Returning to the workplace



# Inside OCS



## Nearing the end...

OC Morgan Fiszal, OC William Gruner, OC Ceasar Rivadeniera and OC Isaac Miller wearing their branch insignia for the first time as they celebrate at the OCS Class 51 Dining Out on April, 29 2006. The OCS Dining Out is a training event which is organized and run by the members of Class 51 as well as a social event in which the Officer Candidates get the opportunity to interact in a social setting with Officers and Senior Enlisted personnel of the CTARNG. The OCS Class 51 must complete the requirements of the program including a two week annual training at Fort Benning in June before graduating the program in July 2006. (Photo courtesy OCS Class 51)

**SOMEWHERE...**

a bugle softly sounds  
The message of renown,  
And some inside their buildings wait  
Until the flag comes down.

And others run to get their cars  
Quite harrowed or dismayed,  
Afraid they will not reach the gate  
Before retreat is played.  
Not thinking of the flag or those  
Who fought to keep it flying.

How many would be glad to stand,  
Whose bodies now are mute,  
Or have no hand that they might raise  
And stand in proud salute.

So accept it not as duty  
But a privilege even more  
And receive it as an honor  
Instead of just a chore.

Defence  
BILLBOARD 113

Do you have what it takes  
to take your career to the next level?



**1st Battalion (OCS), 169th Regiment  
(LDR)**

**Officer Candidate School  
Information Briefs:**

**DATES**

22 APR 06

20 MAY 06

24 JUN 06

22 JUL 06

19 AUG 06

Bring a Friend, Spouse or Significant Other.

Information Brief will be in Building 402,  
Leadership Hall, beginning at 1000 hours

For more information contact

1LT Shaun O'Dea (860) 691-4216

OCSCT@ct.ngb.army.mil





# Health & Fitness



## Medical Notes

Lyme disease (LD) is an infectious disease that often begins with a characteristic rash, and which can later involve the joints, nervous system and/or heart.

It is caused by a spiral-shaped bacterium (spirochete) called *Borrelia burgdorferi* that is transmitted to humans or domestic animals by the bite of an infected tick. It can sometimes become severely debilitating, but is rarely, if ever, fatal.

You can get LD if you are bitten by a tick that is infected with *Borrelia burgdorferi*. Bacteria in the tick's saliva are transmitted to you while the tick is feeding.

An infected tick must be attached to you for at least several hours (usually 24-48) in order for transmission to take place, so prompt removal of a tick will lessen your chance of getting sick.

Also, not all ticks are infected, so a tick bite does not necessarily mean that disease will follow. In addition, you **cannot** get LD if an infected tick is just crawling on your skin or clothing. LD bacteria are **NOT** transmitted from person-to-person.

In 1975, investigation of an unusual prevalence and geographic clustering of children with arthritis-like symptoms in Lyme, Connecticut led to the discovery of this illness. It is now known that LD occurs over wide areas of the United States.

The most severely affected areas are the Northeast from Massachusetts to Maryland, the upper Midwest (especially Wisconsin), and the West Coast (especially



## Lyme Disease

California). These are areas where blacklegged ticks are most prevalent. However, cases have been reported in 49 states and the District of Columbia, as well as in many other parts of the northern hemisphere, particularly Europe and Asia.

The Centers for Disease Control and Prevention (CDC) now reports approximately 17,000 – 20,000 cases of LD within the U.S. every year, but indicates that the actual incidence is probably much higher. LD is by far the most prevalent arthropod-borne disease in the U.S.

The first symptom of LD is usually a skin rash called erythema migrans (EM) that occurs at the site of the tick bite within 3 days to one itself may go undetected. The rash begins as a small red spot, which gradually enlarges as spirochetes spread locally in the skin. Oftentimes the lesion has part usually expands to at least several inches in diameter, sometimes up to as much as 12 inches or more. It is flat, not raised.

The skin rash usually has no sensation associated with it and may therefore go unnoticed, particularly if it is located on a part of the body that is difficult to see. While the rash is red in color on light skin, it may appear more like a bruise on dark-skinned individuals. Up to 40% of people with LD may not have the early skin rash.

Other common early signs of LD – with or without the rash – include flu-like symptoms such as significant fatigue, headache, sore and aching muscles and joints, fever, sore

throat, stiff neck and swollen glands. If left untreated, these early symptoms of LD may disappear on their own over a period of weeks; however, this does not necessarily mean that the disease has cleared up, and serious complications could arise later. On the other hand, if promptly treated with appropriate antibiotics, the skin rash and flu-like symptoms go away within days, and complications can usually be voided.

Later symptoms of LD can begin to appear shortly after the initial symptoms or not until weeks to months later. These symptoms occur as spirochetes begin to spread via the blood stream and lymph into tissues in other parts of the body.

These symptoms may include complications of the joints, the nervous system, and the heart. Rash may recur as multiple secondary lesions on parts of the body other than the bite site in about 50% of untreated people.

Symptoms in the joints occur in up to 60% of untreated people, and primarily consist of an arthritis that affects the large weight-bearing joints such as the elbow, wrist, and especially the knee. Pain, swelling or stiffness can move from joint-to-joint, and may persist for months to years. Neurologic complications occur in 10-20% of untreated people. The most common symptoms include facial paralysis.

Diagnosis is based primarily on recognition of the typical symptoms of LD such as the characteristic skin rash or flu-

like symptoms, particularly if they occur in the spring or summertime, or if the individual has had a known exposure to ticks or tick habitat in an area of the country where the disease is known to occur. Most patients do not remember a tick bite.

**PROMPT TREATMENT OF EARLY SYMPTOMS MAY PREVENT LATER AND MORE SERIOUS PROBLEMS.**

Atypical cases, or cases presenting with only disseminated stage complications, can sometimes be very difficult to diagnose. There is no vaccine to protect against LD. Therefore, knowledge of where these ticks are found, avoidance of such areas when possible, use of protective clothing and repellents, routine tick checks of the body, and if bitten, prompt removal of the tick, are the primary preventive measures.

Wear a long-sleeved shirt, long pants, and high socks. Tuck your shirt into your pants and pant cuffs into your socks. Light colored fabrics make it easier to detect ticks that are crawling on your clothing.

Use a repellent containing permethrin on your clothing and a repellent containing deet (N,N-diethyl-m-toluamide) on your exposed skin. Routinely check your skin and clothing for ticks while you are outdoors in tick habitat, and do a careful check of your whole body once you come indoors. The ticks can be very small. Look for new "freckles" or moving specks of dirt.

## Combating Substance Abuse: *In search of the Big Bang – What is Crack?*

CW4 TONY UVA  
SUBSTANCE ABUSE PREVENTION EDUCATION OFFICER

Blow, nose candy, snowball, tornado, wicky stick, Big C, Flake, Lady, Snowbirds, crack or rock are the street terms for cocaine.

First of all, it's important to know that crack cocaine is a killer! It is unusual but possible for a first-time user to die from crack. No one can predict whether he or she will become dependent and addicted, or whether the next dose will be deadly.

Crack cocaine is a very powerful addictive stimulant drug. It is the second most commonly used illicit drug in the United States. Who invented crack? No one knows for sure. But one story credits its discovery to a chemist. Crack is a form of cocaine base, it is derived from powder cocaine. Unlike the processing of freebase cocaine, converting powder cocaine into crack does not involve any flammable solvents. The solution is boiled and a solid substance separates from the boiling mixture. The solid substance, crack, is removed, broken or cut into "rocks" and allowed to dry. The term "crack" refers to

the crackling sound heard when it is heated. The DEA estimates that crack rocks are between 75% and 90% pure cocaine.

Because crack is smoked, the user experiences a high in less than 10 seconds. This rather immediate and euphoric effect is one of the reasons that crack became enormously popular in the mid 1980s. Another reason is that crack is inexpensive both to produce and to buy. According to the 2004 National Survey on Drug Use and Health, approximately 7.8 million Americans over the age of 12 have tried crack at least once during their lifetimes.

Crack cocaine is a strong central nervous system stimulant. Physical effects of crack use include constricted blood vessels and increased temperature, heart rate, and blood pressure.

Users may also experience feelings of restlessness, irritability, and anxiety. Smoking crack delivers large quantities of the drug to the lungs, producing effects comparable to intravenous injection. These effects are felt almost immediately after smoking, are very intense, but do not last long. Use of crack

cocaine in a binge, during which the drug is taken repeatedly and at increasingly high doses, may lead to a state of paranoia psychosis, in which the user loses touch with reality and experiences auditory hallucinations.

Other complications associated with crack cocaine use include disturbances in heart rhythm and heart attacks, chest pain and respiratory failure, strokes, seizures and headaches, gastrointestinal complications such as abdominal pain and nausea. Because this drug has a tendency to decrease appetite, many chronic users can become malnourished.

The widespread abuse of this drug has stimulated extensive efforts to develop treatment programs for this type of drug abuse. The National Institute on Drug Abuse has a top priority to find a medication to block or greatly reduce the effects of crack cocaine. Researchers are looking at medications that help alleviate the severe craving that people often experience. In addition to treatment medications, behavioral interventions,

particularly cognitive behavioral therapy can be effective in decreasing drug use by patients in treatment for crack cocaine abuse.

Crack cocaine offenders receive a longer jail sentence than for any other drug. In the last fiscal year the average length of a sentence for crack cocaine offenders was 115 months. The Bureau of Justice Statistics survey of Federal and State prisoners states that approximately 66% of Federal and 72% of State drug offenders are incarcerated for a crack cocaine offense.

It is the National Guard's Policy that drug abuse by its members is incompatible with service, jeopardizes their effectiveness and combat readiness. Drug abuse will not be tolerated and those military members who are identified as abusers of illegal drugs will be considered for disciplinary action, in addition to administratively being separated.

Also, the Connecticut National Guard drug and education programs are command directed, and if you feel that you or some military person has a unique problem; please use your chain of command.



# The Soldier's Song

Pfc. Joshua C. Johnson  
65<sup>th</sup> PCH

Unto this time, calmer tides he had seen,  
For a tempest neared the sea, having been  
Summoned to fulfill a vow he had sworn.  
From the comfort of his life he was torn,  
Taken elsewhere, to an unknown land,  
To an untold foe, where he would band  
Together with many, who the same fate  
Share- to near and tread the enemy's gate,  
Where a brother in arms fell to the ground  
By the hatred of an enemy's round.  
Such courage did abound  
From within his heart, as he heard the sound  
And cry of his brother near to the mound  
Of earth that he hurried to surround  
And shield the life of his friend with his own.  
Of the seeds among battle that are sown,  
This deed stands highest among them, alone.  
And though in death courage is boldly shown,  
Only in love is it best known.  
Hence the earth, this day, a canvas was made,  
Upon which an estranged beauty was laid,  
And a garden was sown, which bade  
A flustering paradox to be made.  
For man's best and worst this field adorns  
And a rose blooms of petals and thorns.  
Then the war he lasted, and his friend  
He saved and returned home to rest and mend  
His broken heart and jaded limbs, too long  
Availed. Sated, he sang his weary song  
And strived withal to rekindle his lost  
Life, as rose flowers beneath the frost.



## 103d FW CHILDRENS FISHING DERBY



DATE: 13 May 2006 RAIN DATE: 14 May 2006

TIME: 0800 - 1130

SUNRISE PARK, MOUNTAIN RD, SUFFIELD, CT (ROUTE 187)

The 103<sup>rd</sup> Fishing Derby has fun for the whole family. Young aspiring and older experienced fishing enthusiasts can enjoy a day of challenge. For ages 10 and under, there will be prizes and a pond of your own to fish. For ages 11 and up, the big pond is your challenge with prizes too. For those who don't fish, there is a playground and a picnic area. To participate, you need to bring your own equipment and bait. We will provide coffee, donuts, and soft drinks for a \$3.00 donation per person. Please feel free to pack a lunch for your family to enjoy after the derby.

Please let us know you will be attending by Sunday of the MAY UTA. You can R.S.V.P by either calling 292-2709 or 292-2730 and asking for SMS, Will Lopez, Donna Rivera, or tearing off the bottom of this form and sending it to Donna Rivera or SMS Lopez, building #16, Vehicle Maintenance.

Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

Number of participants - 10 and under: \_\_\_\_\_ and/or 11 and up: \_\_\_\_\_

Please return to Vehicle Maintenance Bldg # 16, Attn: SMS Lopez, Ext. 2709 or  
Donna Rivera at Bldg # 78, Ext 2730



### First Company Governor's Foot Guard Third Annual Golf Tournament Friday, June 23, 2006 At the Blue Fox Run Golf Course Avon, Connecticut

The cost of \$125.00 per player/\$500 per foursome  
Includes:

18 Holes with Cart  
Lunch/Refreshment at Clubhouse Turn  
Grand Buffet Immediately Following Golf

9:30 AM . . .Registration/Coffee/Donuts  
11:00 AM . . .Shotgun Start (Scramble Format)

Reserve now!  
We can only accommodate a limited number of  
foursomes.

Contact: George Sloan at 860-521-2846

\$125.00 minimum deposit reserves your spot.



Retirees' Voice

Funding for VA care critical

Sgt. 1<sup>st</sup> Class (Ret.) John Bednarz

The Veteran's Administration seems to be having a tough time keeping up with its mission to provide for the healthcare of a growing number of veterans. Waiting times for first medical exams are lengthening. As of April 2005, there were 15,211 vets waiting for their first examination. This month (April 2006) the number has doubled to 30,475. There is also an increase in the number of disability cases waiting adjudication (nearly 28,000 cases). That includes an increase in the number of cases waiting over 180 days.

The VA must ask for, and receive, sufficient funds to meet the demands of, not only our aging veterans, but especially our newest wounded and disabled veterans returning from our ongoing hostilities. Secretary Nicholson and the VA have more than doubled the VA budget since he took over, but, it is not enough. We need Congress to change the way the Veteran's Administration is funded and provide a mandatory funding mechanism for our veteran's healthcare, and it shouldn't be through instituting or increasing enrollment fees and co-pays. Talk to your Congressmen and Congresswomen. Let them know that you are concerned about VA healthcare.

All around our state we have a phenomenon. Groups of old timers are getting together once a month or even once a week to break bread and tell war stories about the 'days of yore' and find out what is happening in each others lives. One of the groups meets Fridays at the Oasis Restaurant in Forestville, and another meets Wednesdays in the Enfield area. One group just getting off the ground is in Niantic and potentially will meet at the Niantic Diner (formerly David John's) on Rte 156 on a Thursday once a month. If you're interested in that one, send a note to Frank Perry at bima61@myeastern.com. I attended the first meeting. There were eight that attended and there was plenty of room for more.

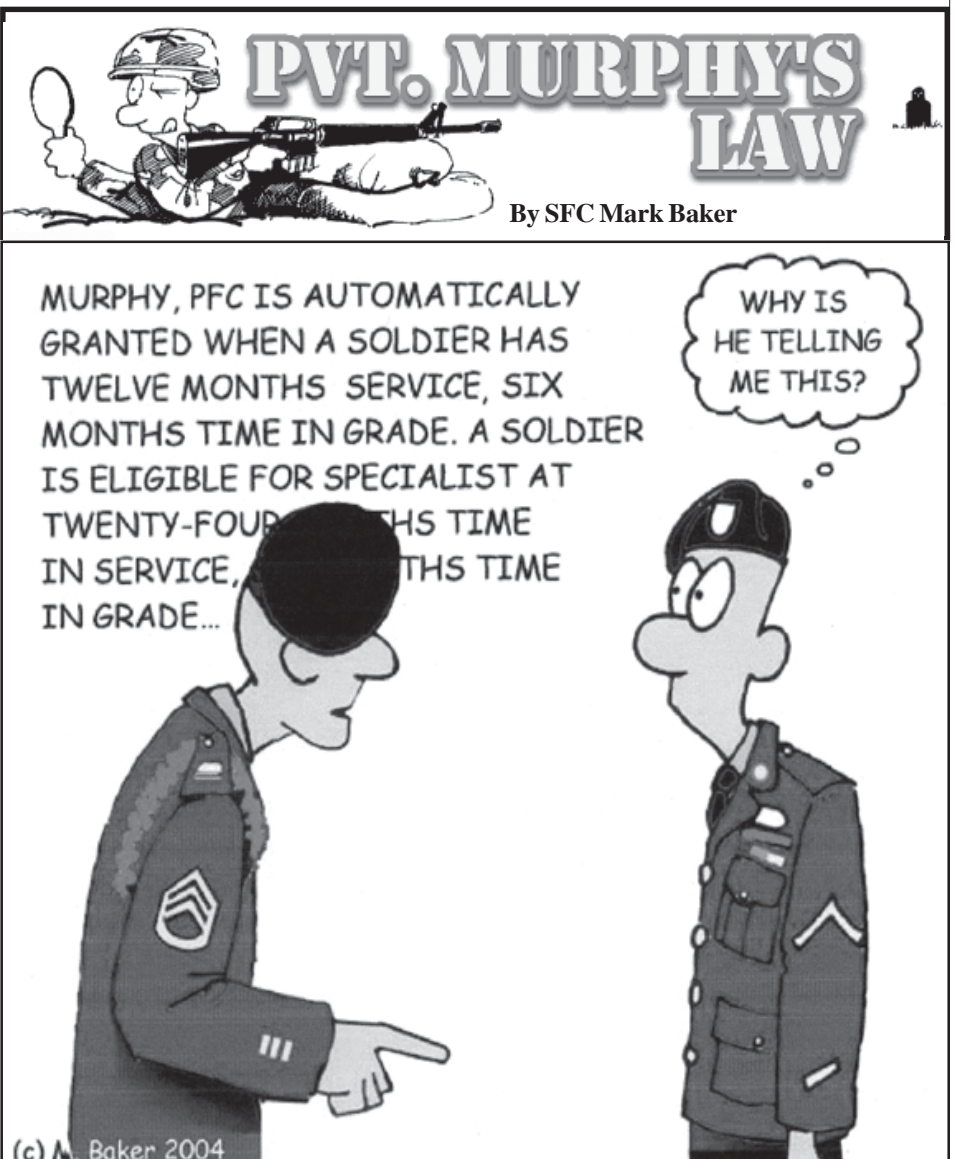
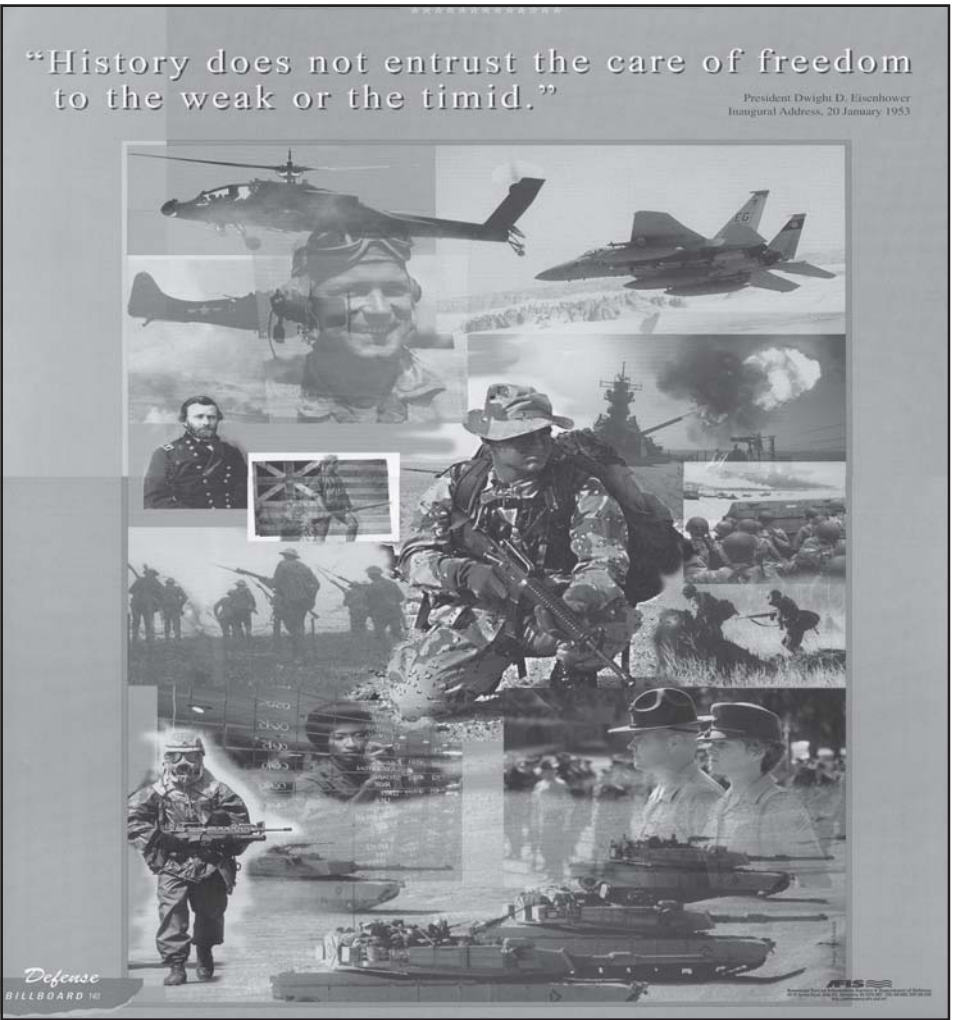
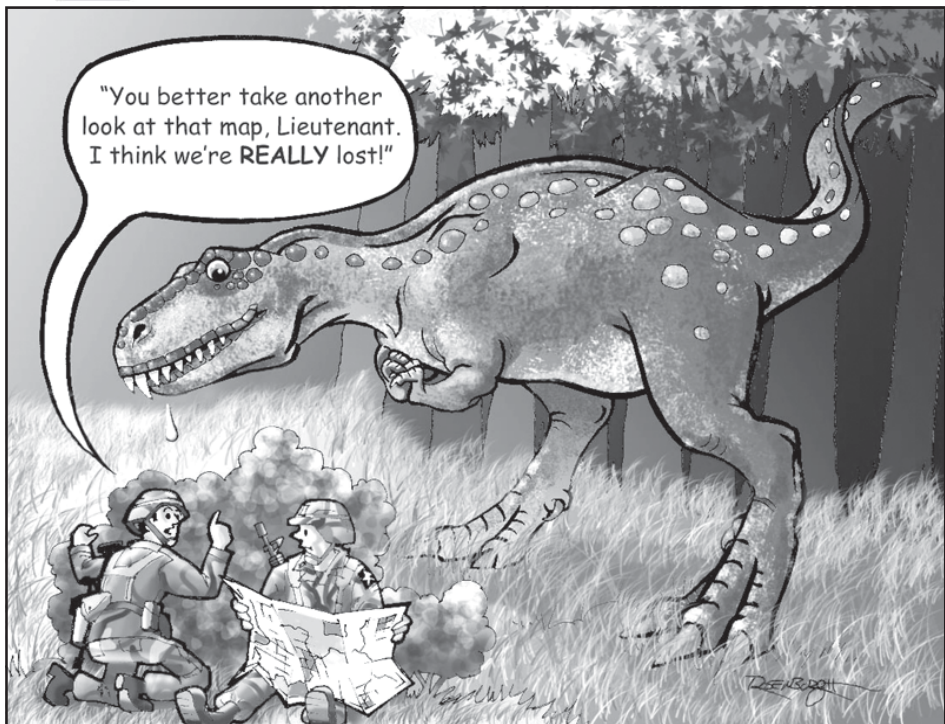
My wife and I just returned from the Retirees' Appreciation Day at West Point. The day was rainy and cool so the cadets did not march on the Plain for us but all the other activities went on as usual. We ate lunch in the cadet dining hall with at least one cadet at every table. For us, talking to these young cadets reassures you that our future leaders are level-headed and bright.

Representatives for all of the services provided to and for retirees were there pitching their product. The exchange and commissary provided some free products, and important service organizations such as AUSA and others were there to sign you up as members to help increase our clout as a voice in Congress.

One of the highlights for us was an opportunity to attend a Beach Boys concert at Eisenhower Hall at 8:00 PM that evening. For \$40.00 a ticket we had orchestra seats at what turned out to be an outstanding show.

2nd Louie

By Bob Rosenburgh





# Connecticut National Guard Fulltime Employment Opportunities

The following are Connecticut Army and Air National Guard Technician openings. For a copy of the full Technician vacancy announcements, go to [www.ct.ngb.army.mil](http://www.ct.ngb.army.mil) and click on employment opportunities.

## Army National Guard Technician Vacancies

Position Title	Unit	Pay Grade	Closing Date
Traffic Management Specialist	DOL	GS-11	May 17, 2006
Readiness Technician (Indef)	AVCRAD	GS-07	May 17, 2006
Housing Management Assistant (Excepted)	TSSD	GS-08	May 18, 2006
Housing Management Assistant (Comp)	TSSD	GS-08	May 18, 2006
Computer Assistant (Indef)	AVCRAD	GS-09	May 22, 2006
Aircraft Mechanic	AASF	WG-10	May 23, 2006
Aircraft Propeller Mechanic	AVCRAD	WG-11	May 23, 2006
Human Resources Assistant (Indef)	HRO	GS-07	May 24, 2006
Supervisory Fac. Ops Spec. (Indef)	CFMO	GS-12	May 25, 2006
Aircraft Mechanic (Indef)	AVCRAD	WG-11	May 25, 2006
Aircraft Propeller Mechanic	AVCRAD	WG-10	May 25, 2006
Surface Maintenance Mechanic	FMS 5	WG-10/08	May 26, 2006
Surface Maint. Mech. Sprvsr (Indef)	FMS 5	WS-10	May 30, 2006
Surface Maint. Mech. Sprvsr (Indef)	FMS 10	WS-10	May 30, 2006
Electronic Digital Computer Mech (Indef)	CSMS	WG-11	May 30, 2006
Surface Maint Mechanic (2 Positions)	FMS 7	WG-10/08	May 31, 2006
Surface Maint. Mechanic (2 Indef Pos.)	FMS 9	WG-10/08	May 31, 2006
Maintenance Manager (Indef)	SMMO	GS-12	June 1, 2006

## Air National Guard Technician Vacancies

Position Title	Unit	Pay Grade	Closing Date
Staff Accountant	103rd FW	GS-11	May 24, 2006
Electronic Integrated Systems Mech	103rd FW	WG-12/11/08	May 23, 2006
Human Resources Assistant (Indef)	HRO	GS-07	May 24, 2006
Supply Technician (Indef)	103rd FW	GS-07	May 25, 2006
Aircraft Survival Flight Equipment Repairer	103rd FW	WG-09	May 16, 2006
Flight Services Manager	103rd FW	GS-11	May 16, 2006

Listed below are current openings in the Connecticut National Guard AGR program. For a copy of the Military Tour Vacancy Announcement, go the [www.ct.ngb.army.mil](http://www.ct.ngb.army.mil) and click on employment opportunities.

## Army National Guard AGR Vacancies

Position Title	Unit	Rank	Area of Consideration
UH-60 Repairer	AVCRAD	E-4 to E-6	Open AGR Nationwide

## Air National Guard AGR Vacancies

Position Title	Unit	Rank	Area of Consideration
Accounting Technician	103rd FW	E-6 and below	On Board AGR Only
Staff Accountant	103rd FW	E-9 and below	On Board AGR Only
Supply Technician	103rd FW	E-5 or E-6	On Board AGR Only
Electronic Integrated Sys Mech	103rd FW	E-2 to E-7	On Board AGR Only
Aircraft Survival Flight Equip Rep	103rd FW	E-5 to E-7	On Board AGR Only
Flight Services Manager	103rd FW	E-8 or E-9	On Board AGR Only

NOTE: Other positions with outdated closing dates are also listed on the website. Some of these positions are currently under consideration, and others may have their application dates extended. Keep checking the website and if you have any questions concerning outdated postings, call HRO at (860) 878-6739 or (860) 878-6729.

# Coming Events

## May

### May 6

Annual Redleg Ball

### May 14

Mother's Day

### May 19

Armed Forces Day Luncheon

### May 20

Armed Forces Day

### May 29

Memorial Day

## June

### June 10 - 11

Hoop It Up

3-on-3 Basketball Tournament

### June 14

Flag Day

Army Birthday

### June 17

AVCRAD Retirement and Reunion

### June 18

Father's Day

## July

### July 1 - 2

Greg Biffle's National Guard NASCAR at the  
New Britain Rock Cats Stadium

### July 2

Connecticut Army National Guard Day at the  
New Britain Rock Cats

### July 4

Independence Day

# In future issues

More Units Deploy

Armed Forces Day Luncheon

Air Guard Career Day

Transformation Series Continues

National Guard Family Day Preview

First National Guard Military Working Dog  
Handlers

Deadline for submissions is the 15th of the month  
previous to publication.



# Words from Company G 126<sup>th</sup> in Iraq

1<sup>st</sup> SGT. MARK O'DONNELL  
Co. G, 126<sup>th</sup> AVN

We have come a long way. We have completed seven months in theater, and as always we are doing our mission above and beyond. We are now in our new location and working for the 1-101 Task Force. We are looked highly upon by the task force. We have promoted more of our Soldiers this month, that brings us to a total to 14 Soldiers promoted since our mobilization. We have also Reenlisted two more Soldiers this month, bringing our total to 16 Soldiers reenlisted since our mobilization. The troops are doing good, and morale is strong. Our leadership is strong, and our troops give their 100 percent at all times. We want to thank everyone for their support and care packages. Company G 126<sup>th</sup> leads the way.



Spec. Eric Menendez extends for six years while serving in Iraq. (Photo courtesy Co. G, 126th AVN)



Several members of Co. G, 126th AVN receive safety awards while in Iraq. (Photo courtesy Co. G, 126th AVN)



Pfc. Kori Arsenault and Pfc. Michelle Kerr get pinned to the rank of Specialist while deployed in Iraq. (Photo courtesy Co. g, 126th AVN)

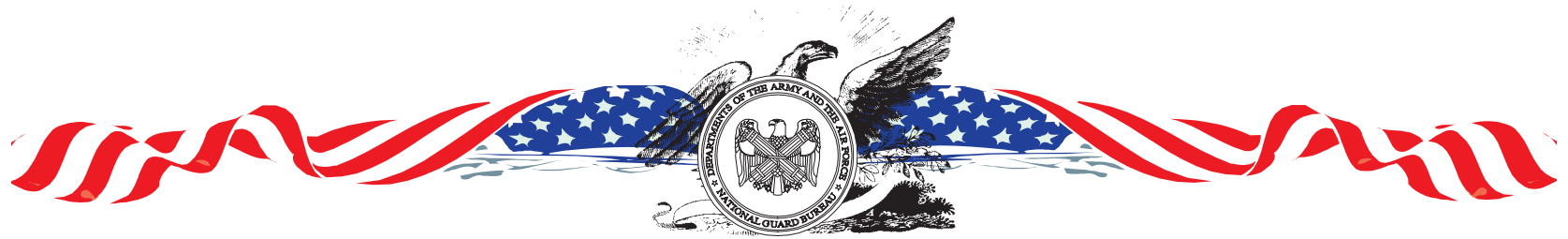


Pfc. Kori Arsenault and CW4 Michael Volero receive the 10th Mountain Division coin for going above and beyond in their duties within the battalion while deployed to Iraq. (Photo courtesy Co. G, 126th AVN)

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# Family Deployment Supplement to the Connecticut Guardian

VOL. 7 NO. 5

HARTFORD, CT

MAY 2006

## Children of deployed parents need consistency

PAUL X. RUTZ  
AMERICAN FORCES PRESS SERVICE

Consistency is key for children as their military parents deploy, a university psychologist said.

Dr. Frederic Medway, psychology professor at the University of South Carolina, has been publishing research on family separation issues since 1987. He said his work has shown that while children of different ages have different needs, if parents offer as consistent an environment as possible, their kids tend to fare better.

"Set the tone early," Dr. Medway said. "Try not to make many big changes while the deployment happens."

That's easier to do with young children, he said. Parents have a lot more control when their children have not yet started school, and they should use that time to foster an environment of safety and stability because other challenges abound. Common childhood fears of things like animals and

thunder often get compounded when children are thinking about a parent in a hostile zone, and explaining away those fears is tricky.

"Younger children won't understand abstract concepts such as time," he said. Checking off dates on a calendar or explaining, 'Mommy comes home in a year,' may not make much sense to them, so keeping big changes to a minimum helps them feel better.

With school-age kids, the situation becomes more complex, Dr. Medway said. They have more going on in their lives at school and with friends. Offering a consistent environment can be difficult for the parent at home, especially if the parent is working as well as raising the child.

As children reach adolescent age, parents must be especially sensitive to what they are going through.

"I think the teen years are especially tough because teens are notorious at not talking

to their parents about things," Dr. Medway said. "I think this is a population that we as mental health people really need to watch out for."

Dr. Medway said young teens also have access to information and an ability to grasp it that younger children do not.

"Often they are worried, watching TV, CNN, hearing rumors," he said.

Another defining problem for adolescents is a wish to be the same as everyone else. Financial issues, lack of access to a car, clothes not jazzy enough and other problems become an excuse to lash out, he said.

"I think, unfortunately, a lot of these children look for something to attribute that to, and in some cases they will get angry with the stay-at-home parent because the other parent is overseas and their family isn't like everybody else," he said.

For these reasons and others, setting the tone early in terms of communication is critical to creating consistency for children once

they go to school, Dr. Medway said.

"You've really got to start working on that open communication at age 4, ... because by the time your child hits 12 they may naturally shut down a little bit. If you don't have good communication in the beginning, it's certainly going to be difficult by the time they're in that 12-to-14 range," he said.

Families who have a parent deployed certainly see long-lasting effects due to separation and sacrifice, Dr. Medway said. These are lifelong consequences that will change the course of where that family is going, but not always for the worse. He mentioned that military kids often learn to be more independent and outgoing than their peers, for example.

Dr. Medway also said that each phase of deployment poses different challenges, and families who educate themselves tend to do better.

See CHILDREN Page S2



### *Teaching educators to teach children of deployed servicemembers*

Brig. Gen. (Ret.) Keith Martin conducts a block of instruction to more than 70 educators at a recent Military Child Education Coalition (MCEC) conference held in Hartford recently. The two-day instruction helps teachers assist children of deployed servicemembers that may be having a difficult time when their parent is away. (Photo by Staff Sgt. Brian Barkman, Public Affairs Office)





CATHERINE GALASSO

## Keep looking to the mountain for victory

*"God is stronger than anybody else,"* my precious wide eyed 4-year-old daughter said

unexpectedly.

I smiled at her, knowing that God was speaking to me through my little one and replied,

"Thank you, honey for telling me that."

Mountains of difficulties can become hills of hope with God. The rough places we walk will become smooth pathways; the storms clouds we encounter will give way to golden sunbeams and the pain of travailing will, with God, miraculously restore our souls.

Keep looking upwards to the lofty heights of the mountaintop to victory.

No matter the hour, the moment, the instant, we can have peace of mind in turmoil and be lifted out of confusion into the serenity of God's everlasting arms by believing on His word.

As we yield ourselves completely to Him; our trials, our temptations, our fears, He will give serenity and a calm that comes only from trusting Him.

Are you in a challenging situation?

And you ask, "How can God permit this to happen?" "What should I do?" "Where should I turn?"

I find it fascinating what I read in the Bible in James 1:2; "Consider it pure joy, my brothers, whenever you face trials of any kind."

In essence, this discloses that in these trials is where character is formed. And true character is what God is looking for.

He permits the difficulties to heap up, sometimes to get our attention. He created us to talk with Him, to turn to Him, to find out how much we need Him and how better life is with Him as No. 1.

Very often, God's greatest gifts come through struggles. Have you ever witnessed a baby being born?

We learn faith by standing firm and persisting against trials holding on to God's promises and obeying His word.

Therefore, when we are targeted by afflictions, we must by no means give way to discouragement. A dispirited person is

in a powerless position, not being able to stand against the evil schemes of the enemy. But a positive, affirmative person can overcome anything with the one winning weapon: our faith.

A reader wrote, "Often during a highly stressful day, a co-worker and I talk about God and the joy we should have...but, sometimes, with the rat race and increased responsibilities and fatigue, we tend to begin to forget. Being in the Word daily and praying unceasingly helps."

It is easy to let those negative forces around us influence us. Our attitudes and actions will be determined by those on whom we fix our eyes upon and our minds.

When we let others humiliate us, belittle and intimidate us we are allowing them to steal our dreams, our zest for life and our joy.

But as we set our sights on God, rather than on people or earthly things we join hands with Him who will deliver us, as we live in right, in truth.

Flee from doubt and defeat by grasping on to every overcoming promise in the word to our heart.

Rebuke adversity by completely ignoring it.

Shun every attack with an 'about face.'

Never retreat, in no way yield; instead persevere with faith onward toward the goal.

Take refuge in God's love, dear readers. His divine strength will awaken our belief and encourage us to victory. Keep the courage, the hope and the faith.

Even though the storms may beat upon us and troubles overshadow, we fear no evil because God is with us; delivering, protecting and sustaining.

As you rest your head upon your pillow this evening, let us cling to Him in constant trust and prayer. He will take our burdens and give us rest. Our safety is in receiving eternal encouragement and reassurance from the One who is, as my sweet 4-year-old curly-haired daughter said, "*stronger than anybody else.*"

*Write to Catherine Galasso-Vigorito, nationally syndicated columnist and author of "A New You, Words to Soothe the Body, Mind and Spirit," in care of Connecticut Guardian, 360 Broad Street, Hartford, CT 06105-3795 or e-mail her at [anewyou@snet.net](mailto:anewyou@snet.net) © Catherine Galasso, 2006*

## Children need consistency

From Page S1

"I think it's so important to be informed, and that really means go to all the briefings that your unit has," he said. "Everything sort of starts there."

He also suggests getting supports in place long before separation starts, which means talking with friends, parents, grandparents and on-base family aids.

The months surrounding homecoming often offer the biggest challenges, Dr. Medway said. Part of that is due to high expectations.

"We expect that everything is going to be very well and very good, but Soldiers change and families change, and oftentimes the very early period is a good period, but sometimes after 30 days or 60 days, there are some little bumps in the road," he said. "These bumps in the road are really a function of being apart from your loved one. They're not so much a function, necessarily, that your loved one was separated because

of military service, because we see the same thing in long-term business travel, in missionary kinds of work, etcetera."

A combination of patience and consistency tends to help families most, he said. Research during the 1991 Persian Gulf War revealed that children's behavior often got worse during the reunion stage than it was during deployment.

"The child was responding to one parent who was consistent with himself," Dr. Medway said. "When you bring a second person back in, and their view of parenting may differ based upon the first person, that can throw the kids for a loop."

Another important aid in coping, one often left as a last resort, is the mental health service available in the community.

"Get to problems early," he said. Teachers, school psychologists and school counselors are often great sources of help for kids, while military assistants, family doctors and chaplains can do a lot for parents.



*Thank you, Families, for all that you do and all that you sacrifice.*

*We are indebted to you.*



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# Army Children launch communication Web site

STEVEN DONALD SMITH  
AMERICAN FORCES PRESS SERVICE

Children of U. S. soldiers spearheaded a project to launch a Web site that enables Army youth around the world to communicate with each other.

The "Real Teens Connected" Web site, which went live this winter, is a product of the Army's Child and Youth Services Army Teen Panel, and is geared toward teenagers 13-18 years old. The site offers a variety of services to all Army-affiliated youth, including news updates, relocation information and stories written by Army kids.

"Kids want to connect with other kids who are in like situations," Pamela "PK" Tomlinson, deputy director of the Army's Child and Youth Services, said. "The idea was a Web site that would focus on linking all teens, regardless of military component, in a venue they are all familiar with and like to use, which is the Internet."

A secure online chat room and bulletin board will soon be added. "The reason we wanted to incorporate a secure chat room and a bulletin board is to create a safe site where the teens can talk to each other," said Donna McGrath, a sports and fitness program manager for the U. S. Army Community and Family Support Center and senior adult adviser for the Army Teen Panel.

The Web site will allow the teens to express "what it's like to be the child of a military person, and just talk about what's going on with them," McGrath said. "It is absolutely youth led."

The idea for the Web site was spawned when Army Teen Panel members came together and realized they needed a way to better communicate with each other. After determining the Internet was the best method to do this, they brought the idea to the adults, Tomlinson said.

After the adults agreed about the merits of the project, the teens created a mission statement and marketing plan and designed the registration process, she said.

"It's a youth-generated, adult-mentored process that the Army Teen Panel undertook over a period of little less than a year - to develop and come up with a marketing plan and talk about goals and objectives," Tomlinson said.

The panel is a group of teens who meet twice a year to discuss concerns that affect Army youth and work on projects to help resolve these concerns. Members of the panel come from active, Reserve and Guard families, and each command and national region comprises the membership, Tomlinson said.

The Real Teens Connected project had a "soft launch" at this year's Army Family Action Plan Conference in January, she said, and will be rolled out with more fanfare this month, which is designated as the Month of the Military Child.

The Real Teens Connected Web page is hosted through the Boys and Girls Club of America YouthNet Web site, [www.bgcayouthnet.org](http://www.bgcayouthnet.org) — first-time users must register there before accessing the Real Teen Connected page. Returning users then just click on the "Army Teens" menu tab and type their user name and password to enter. Eligible youths must also have an Army Knowledge Online account that is sponsored through a parent or guardian.

The goal is to have 18,000 kids register on the Web site over the next six months and to eventually move the site up to the Defense Department level, where children of all services and DoD civilians can communicate, Tomlinson said.

"Needless to say, we're very excited about this program," Tomlinson said. "These teenagers are really phenomenal kids."



## Kids' Corner Trivia Answers

What crystals can be found in the kitchen? Salt, Sugar  
What is the hardest known crystal? Diamond  
What elements make up Ammonium Monobasic Phosphate - (NH4)H2PO4: (Nitrogen & Hydrogen4), Hydrogen2, Phosphorus, Oxygen4

## A Letter to Military Children from the Chairman of the Joint Chiefs of Staff

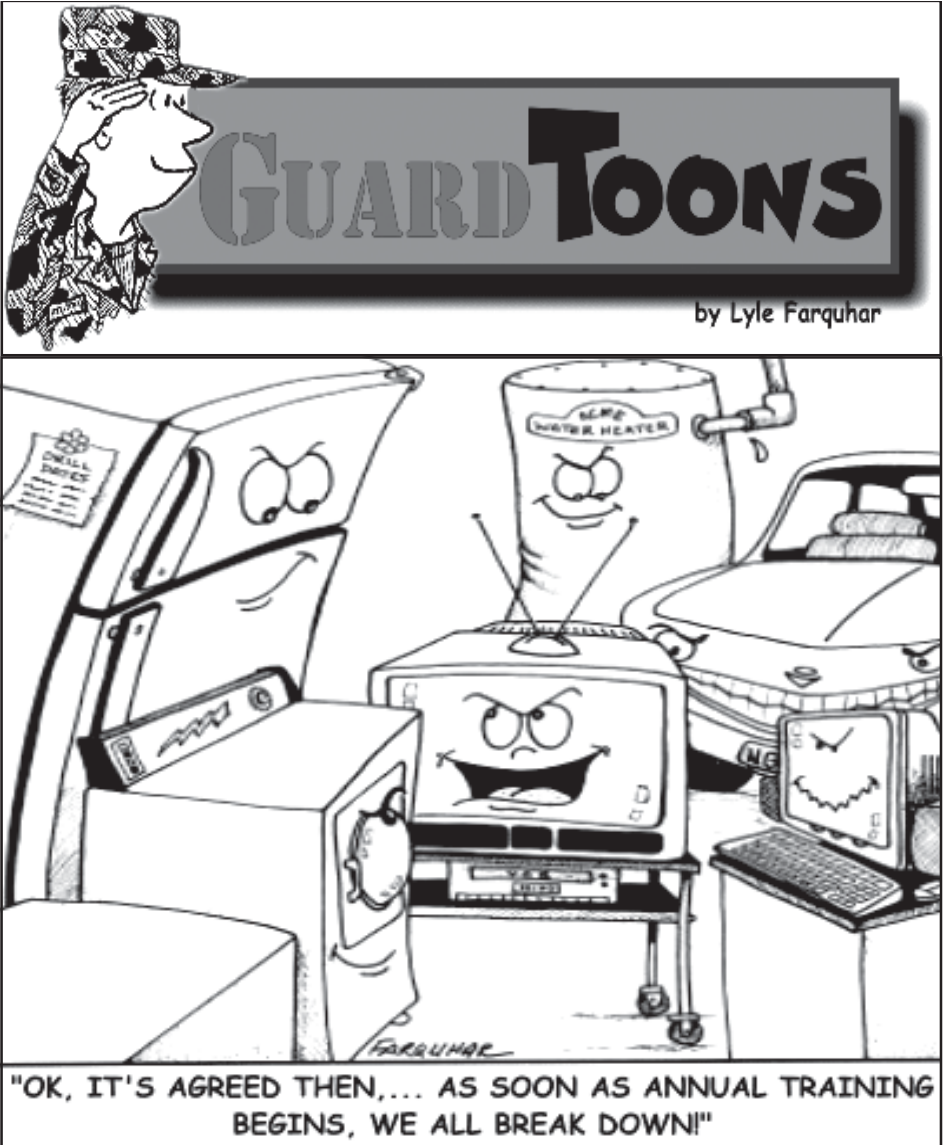
I want to take this opportunity to recognize the extraordinary contributions of our Nation's military families, who have faced many challenges - from family separations to frequent moves - with great courage. I would especially like to acknowledge a special source of inspiration: children of military families.

You are patient and understanding when duty calls and your Mom or Dad cannot attend a soccer game, music recital, birthday party, or other important family or school activity. You are heroes in a quiet, thoughtful way, and I am grateful for the unconditional love you give your Mom and Dad. Many of you have experienced the sad and sometimes frightening experience of having your Mom or Dad far from home, serving around the globe in places like Iraq and Afghanistan. Through your personal courage and support, you serve this Nation too - and I am proud of you!

Frequent moves are a way of life for the military child. It is never easy to say goodbye to friends and familiar routines, to begin again in a new school, a new neighborhood - and sometimes a new country! But your resilience and self-confidence are strengths that others admire, including your parents.

Growing up in a military family offers some challenges, but it also provides some special rewards. You can be proud of your Mom and Dad for their brave defense of this great country. Your love and support sustains them. So thank you for being there for Mom and Dad. You are American patriots and role models for us all.

PETER PACE  
GENERAL, UNITED STATES MARINE CORPS  
CHAIRMAN OF THE JOINT CHIEFS OF STAFF





# Family Assistance Center locations

Family Assistance Centers are set-up in the following armories around the state:  
Waterbury Armory

64 Field Street, Waterbury, CT 06702  
(203) 574-2406 Toll Free 866-347-2291  
Ms. Tamara Jex

Manchester Armory  
330 Main Street, Manchester, CT 06040  
(860) 646-0780 Toll Free 866-347-2286  
Capt. Lauri Tinelle, Mr. Bert Saur & Mrs. Andrea Lathrop

103rd FW, Bradley ANG Base  
Bldg 8, East Granby, CT 06026  
(860) 292-2730  
Mrs. Donna Rivera

Norwich Armory  
38 Stott Avenue, Norwich, CT 06360  
(860) 883-6934  
Mrs. Andrea Lathrop

103rd Air Control Squadron  
206 Boston Post Road, Orange, CT 06477  
(203) 795-2983  
Mr. Charlie and Mrs. Jane Solomon

Windsor Locks  
Bldg. P123, Camp Hartell, Windsor Locks, CT 06096  
(860) 386-4045  
Mrs. Rita O'Donnell

Hartford Armory  
360 Broad Street, Hartford, CT 06105-3795  
1-800-858-2677  
Mrs. Kim Hoffman, Mrs. Michelle McCarty,  
Mrs. Melissa Tetro-Dow  
and Staff Sgt. Jessica McKenna-Boski

Volunteers are needed in each facility.

Those wishing to help out can contact Mrs. Kim Hoffman, Family Program Manager at 1-800-858-2677. Any family member or loved one of a deployed soldier who has questions about benefits or deployment issues may also get answers to their question at the following email address:  
kim.hoffman@ct.ngb.army.mil

## HOW TO GROW CRYSTALS

Caution: Do not attempt these experiments without adult supervision

### Sugar Crystals

(water, sugar, string, pencil, container)

- Boil about 1 ½ cup (400 ml) water.
- Add about ¾ cup (200 ml) of sugar to the water, and stir the solution well.
- Pour the solution into the jar. Make sure that the jar you selected can withstand the temperature (a glass should work).
- Suspend the string from a pencil.
- Submerge the string in the solution.

The sugar crystals will grow slowly on the string over a period of several days. If you want the string to hang straight in the jar, tie a weight to the bottom of the string.

### Salt Crystals

(water, sugar, string, pencil, container)

- Boil about 1 cup (250 ml) water.
- Add 1/4 cup salt.
- The solution will be supersaturated when salt crystals begin to collect on the bottom of the pan.

#### Two options for growing salt crystals:

· Soak a piece of cardboard in the solution until it is saturated and sinks to the bottom of the pan. The cardboard will act as a template or base for crystal growth. Put the pan in a sunny location. Crystals will form as the water evaporates.

· Simply place the pan of solution in a warm location, and allow crystals to grow without a template. Both methods work. The salt crystal will grow over several days.

Try several pans, and study how the growth of crystals varies between them.

### Trivia Questions (Answers on Page S3)

What crystals can be found in the kitchen?

What is the hardest known crystal?

What elements make up Ammonium Monobasic Phosphate - (NH4)H2PO4?

## KID'S

## CREATIVE

## CORNER

A monthly feature of fun and educational activities for the children of the Connecticut National Guard